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VANCOUVER
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Thursday, November 24, 2011
www.metronews.ca

 News worth sharing.

► Local pee-wee football player Dario Ciccone carries the Grey Cup as he walks with CFL Commissioner Mark Cohon after arriving in a CH-124 Sea King helicopter yesterday at the HMCS Discovery in Stanley Park.

PHYLLICIA TORREVILLAS/METRO

▶ 3-0 road win {page 50}

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news

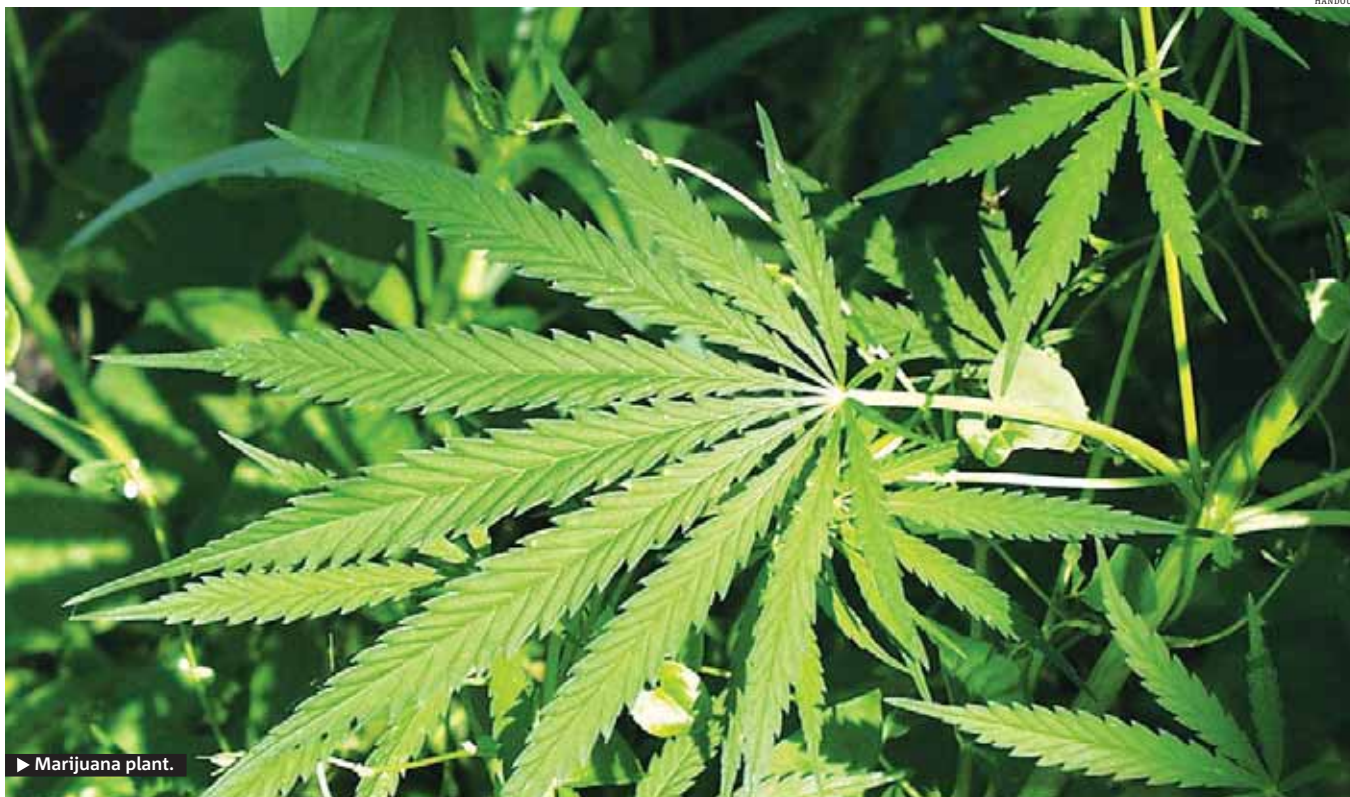


Out of all Republicans seeking the presidential nomination, 76-year-old Ron Paul is having the most success with voters under 30. Scan the code for the story.

To scan 2D barcodes in Metro, download the free ScanLife app at 2dscan.com.

On the web at metronews.ca

A Canadian film about the experiences of war correspondents has made the short list of 15 documentaries in the running for an Oscar. Video at metronews.ca/video



► Marijuana plant.

Mayors take the high road

- Former Vancouver leaders support Stop the Violence B.C. coalition
- Larry Campbell says illegal trade only profiting gangs



MATT KIELTYKA
@METRONEWS.CA

Four former Vancouver mayors have joined a growing coalition trying to legalize marijuana.

Sam Sullivan, Mike Harcourt, Larry Campbell and Philip Owen have co-signed a letter in support of Stop the Violence B.C., saying that prohibition of

the drug has been an utter failure, has created a gang-fuelled \$7-billion underground industry in B.C. and has done nothing to stop the availability of marijuana.

"Marijuana prohibition is — without question — a failed policy," the letter reads. "It is creating violent, gang-related crime in our communities and fear among our citizens, and

adding financial costs for all levels of government at a time when we can least afford them."

Senator Campbell, a former police officer as well as mayor, said the coalition represents the most organized push to end pot prohibition in Canada.

"I've been advocating this for years — we're losing out on \$2 billion in

taxes and instead have large cases of violence at the hands of sociopaths that call themselves gangs," he said. "When you have a cross-section of people — (including) some ex-police officers like myself — come out, people will start to listen."

Stop the Violence B.C. includes professionals from law enforcement, health care, universities

and the justice system.

Its members include retired RCMP chief superintendent Vince Cain, medical health officer John Carsley, retired Supreme Court judge Ross Ladner, Four Pillars policy author Donald MacPherson and the director of the B.C. Centre for Excellence in HIV/AIDS Dr. Julio Montaner — among many others.



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► Four days of festivals, concerts and family events kick off today ► Canada's top university football teams compete in 47th annual Vanier Cup tomorrow ► Grey Cup parade will tour streets of downtown Saturday
► B.C. Lions take on Winnipeg Blue Bombers for ultimate football glory at BC Place on Sunday



PHYLICIA TORREVILLAS/METRO

PHYLICIA TORREVILLAS
@METRONEWS.CA

Canadian football's holy grail has arrived.

The Grey Cup travelled in style yesterday, aboard a Canadian Forces Sea King helicopter, to officially kick off the celebrations for the four-day football festival.

"There's no better city than Vancouver to host this Grey Cup," CFL commissioner Mark Cohon said. "It's going to be an unbelievable weekend of activities."

Colleen Banner, who has been a B.C. Lions fan for two decades, said it's her first time seeing the cup up close.

"It's quite an experience," Banner said. "I've never done it before where I'm really this involved."

Mayor Gregor Robertson said he's thrilled to have the Grey Cup in town and to get a chance to host all of Canada.

He's also still working on a wager with the mayor of Winnipeg, he said.

"I'm looking forward to winning this one," he added.

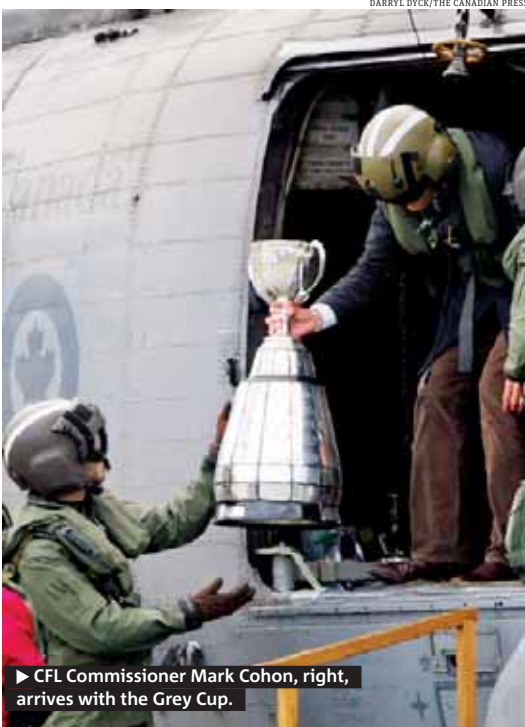
Robertson said he's not worried about the possibility of violence this weekend, despite having the home team play in the final.

"There's a very thoughtful plan in place," he said. "The events as they happen through the weekend are mostly indoors and very well-supported. We've been able to plan years in advance, so we're very confident it's going to be a good weekend and go smoothly."

The B.C. Lions will take on the Winnipeg Blue Bombers in front of a sold-out BC Place on Sunday.

PHYLICIA TORREVILLAS/METRO

Prepare for Grey Cup fever



DARRYL DYCK/THE CANADIAN PRESS

► CFL Commissioner Mark Cohon, right, arrives with the Grey Cup.



PHYLICIA TORREVILLAS/METRO

► Vancouver Trojans player Dario Ciccone, far right, carries the Grey Cup.



► Grey Cup festival committee general manager Scott Ackles, left, and Mayor Gregor Robertson await the arrival of the Grey Cup.



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Ex-Port Moody mayor eyes provincial seat

- Joe Trasolini to run for NDP in Port Moody-Coquitlam byelection
- Trasolini best known as longtime Evergreen Line advocate



► NDP Leader Adrian Dix, left, and Joe Trasolini.



MATT KIELTYKA
@METRONEWS.CA

It took Joe Trasolini all but 12 hours to recharge his batteries after 15 years of public life.

The four-term mayor of Port Moody wrapped up his final day at city hall Tuesday before announcing he'll run in the Port Moody-Coquitlam provincial byelection under the

Vacant seat

► The Port Moody-Coquitlam seat is vacant after B.C. Liberal MLA Iain Black resigned in August to take over as the president and CEO of the Vancouver Board of Trade.

B.C. NDP banner yesterday morning.

"I had half a day off, I'm ready to go again," Trasolini

ni joked.

But the popular politician, who announced he wouldn't be running for a fifth term as mayor earlier this year, means business.

"I still want to serve my community," he said. "I think it's a perfect fit. My approach is very middle-of-the-road and inclusive. My goal is to resolve problems together."

NDP Leader Adrian Dix is hoping the former may-

or's reputation will ease him into an MLA position.

"Joe's experience as mayor of Port Moody, including his hard work to deliver the Evergreen Line for his constituents, shows his commitment to this community," said Dix.

Trasolini became a city councillor in 1996 before being elected as Port Moody's mayor in 1999 and has been there ever since.

Impaired-driving deaths drop

The B.C. government says its tough new drinking-and-driving laws have cut alcohol-related deaths on provincial roads by 40 per cent over the last year.

Public Safety Minister Shirley Bond says for the first time in a decade, there's been a real drop in

deaths associated with impaired driving in B.C.

The government says preliminary data shows 68 people died in alcohol-related vehicle crashes between Oct. 1, 2010, and Sept. 30 this year, compared to 113 deaths on average in each of the previous five years.

During the period, police imposed immediate roadside driving bans on 23,366 drivers and impounded 20,020 vehicles, with most of the drivers losing their vehicles for 30 days.

The penalties also include fines and other costs to drivers ranging from

Tough laws

► The laws brought in last fall are considered Canada's toughest roadside penalties for impaired driving and include the immediate impounding of vehicles.

\$600 to about \$4,000.

THE CANADIAN PRESS

Notorious top spot in child poverty

Organizations across the province are not taking pride in the fact that, for the eighth year in a row, B.C. continues to have the worst child-poverty rate in Canada.

The annual Child Poverty Report Card, produced by First Call, found that 137,000 children in British Columbia are growing up in poverty.

The rate jumped by 49.6 per cent between 2001 and 2006.

The B.C. Teachers' Federation says they see the impact on a daily basis.

The Canadian Centre for Policy Alternatives

"Every day, thousands of children come to school hungry, cold, tired, sad and worse. It's heartbreaking,"

BCTF PRESIDENT SUSAN LAMBERT, IN A MEDIA STATEMENT

said the report highlights the need for a comprehensive poverty-reduction plan.

● MATT KIELTYKA



For more local news visit metronews.ca/vancouver

WEB CRAWLER

Software takes on online child exploitation

Researchers at Simon Fraser University's International Cybercrime Research Centre have developed a new software that could track down child-exploitation websites.

Criminology PhD student Richard Frank said the web crawler he de-

veloped can determine how "harmful" a website is. It can be useful for law-enforcement officials to identify which websites they should target and shut down.

He said the software allows researchers to collect many samples at a time without viewing the content.

He hopes that after the final touches are done with the software it could eventually be handed over to the RCMP to help them better investigate these crimes.

● PHYLCIA TORREVILLAS

Nine crashes in eight hours

Abbotsford police are asking drivers to slow down and pay attention after they investigated nine crashes in less than eight hours.

The collisions, all on Tuesday between 3:45 p.m. and 11:30 p.m., predominately involved drivers attempting to make left turns in inter-sections in heavy rain.

A total of 16 vehicles were damaged. The collisions included a four-car crash and three vehicles driving off the road.

● METRO

Fewer than 1,000 Vanier Cup tickets left

Fewer than 1,000 tickets remain for tomorrow's CIS championship Vanier Cup at BC Place.

The game, which starts at 6 p.m., features the Laval Rouge et Or (Quebec City) versus the McMaster Marauders (Hamilton).

The final will be the second-best-attended CIS final in 16 years, behind only the 2007 game in Toronto, which attracted 26,787 fans. The tickets are available at Safeway stores for \$17. ● METRO

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IMPARK TOY DRIVE

Ticket amnesty for toys

Impark will waive an unpaid parking ticket in exchange for a new and wrapped toy donation to the Salvation Army.

The amnesty will be held today from 7 to 11

a.m. at the Salvation Army Belkin House (555 Homer St.). To have a ticket waived, people must bring a toy, a copy of their ticket or their licence-plate number and speak to Salvation Army or Impark staff.

People with multiple unpaid tickets must bring a toy for each violation.

All toys go to the Salvation Army's Christmas Relief Efforts. ● METRO

Former PM headlines panel on life in politics

Former Liberal prime minister Paul Martin is in Vancouver today and tomorrow for a UBC-hosted conference on public service.

The conference, titled Why Don't (More) Good People Enter Politics and What To Do About It, looks at the personal cost of political life, the role of media and partisanship. Panellists include former

B.C. premier Mike Harcourt, former finance minister Carole Taylor and former Vancouver mayor Sam Sullivan.

Martin opens the conference at 8 o'clock tonight with a discussion at the Museum of Anthropology on public service and leadership in a challenging global world.

● METRO

Santa, you are so busted

The Occupy movement has a new target: Christmas. Adbusters, the Vancouver-based magazine credited with

sparking Occupy Wall Street, is urging consumers not to shop this holiday season. The magazine is rolling out an Occupy Christmas campaign tomorrow, the 20th annual Buy Nothing Day, which coincides with U.S. Black Friday sales this year.

THE CANADIAN PRESS

DNA in Van Diest murder linked to 2005 sex assault

- ▶ Man believed to be from Okanagan
- ▶ Police urge residents to be wary



PHYLICIA TORREVILLAS
@METRONEWS.CA

RCMP have released a sketch of a suspect in the Halloween killing of Taylor Van Diest.

Van Diest, 18, was found beaten and unconscious near railway tracks in her hometown of Armstrong on Oct. 31. She died later in hospital.

At a news conference in Vernon, Cpl. Dan Moskaluk said DNA evidence gathered from the scene has linked the suspect to an unsolved sexual assault in Kelowna in April 2005. Investigators released a composite drawing of the suspect as he looked in 2005.

"Investigators can confirm the match; however, they do not have the outright identity of this person at this time," Moskaluk said, adding that the man



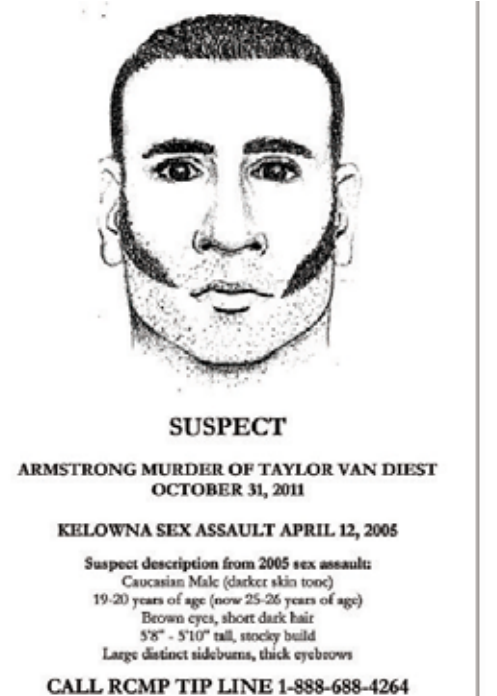
▶ Taylor Van Diest

is believed to reside in the Okanagan Valley.

Police urged anyone with information to come forward, particularly friends and family who might have noticed some form of conflict or warning signs on the day or days leading up to Halloween.

"Immediately following the homicide, this young man may have had unexplained visible scratches to his face, neck or arms," Moskaluk said.

"There may have also been changes to his regu-



lar routine ... (and) noticeable changes in his mood on or around Halloween

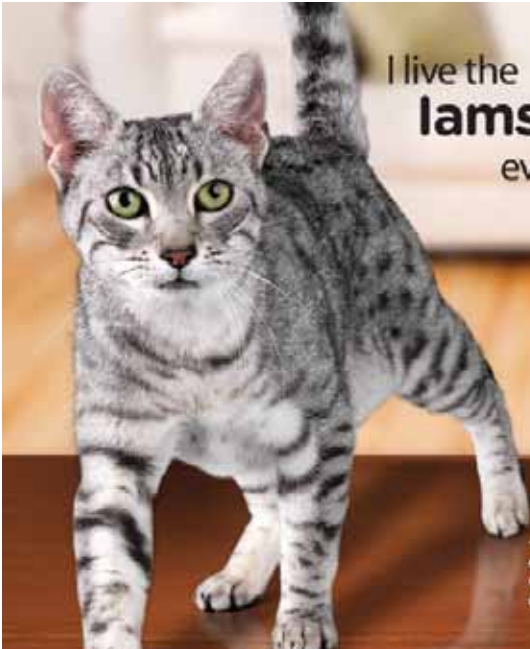
night (such as) withdrawal or loss of interest in his usual activities."

Samaritan helps nab robber

A passerby chased down a man armed with a knife who attempted to rob a Quizno's restaurant in Nanaimo on Tuesday. Jerry Hong, 36, who was at an

adjacent business, chased the man and tackled him, but was punched several times in the face. Hong resumed the chase and was joined by two other men.

The alleged robber was caught while trying to climb a wooden fence. A 42-year-old man is charged with robbery, assault and mischief. ● METRO



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KENDRA WONG/FOR METRO



► Protesters at Grandview Park in East Vancouver yesterday.

Occupy camp's future in jeopardy

► Campers toy with idea of purchasing storage space for meetings, to store tents ► 'Last-minute decisions' made

KENDRA WONG
VANCOUVER@METRONEWS.CA

The future Occupy Vancouver's encampment remains uncertain, but the movement remains strong, asserted protesters yesterday.

After being evicted from the Vancouver Art Gallery Monday and the Vancouver Law Courts on Tuesday, occupiers reconvened yesterday at noon at Grandview Park to discuss the possibility of turning the tent city into a mobile encampment and purchasing warehouse space.

"We're trying (so hard) to be one step ahead of by-laws, the police and fire department that we don't have time to co-ordinate (and) we're constantly making last-minute decisions," said Mathew Kagis, a volunteer medic, who has been with the movement since it began six weeks ago.

On Tuesday, the group was evicted from outside the law courts. Protesters planned to camp at Grandview Park in East Vancouver. Upon arrival, police told campers that they were not allowed to pitch

tents in the park.

Most protesters believe setting up a base of operations is necessary to co-ordinate and make decisions where they can focus on "educating the 99 per cent."

A 2,500-square-foot warehouse on Prior and Main could offer occupiers space to store their tents, and hold meetings for \$2,200 a month. Overnight stays would not be permitted on site.

Meetings will still be held at 7 p.m. outside the Vancouver Art Gallery.

HIGH RISK

Avalanche warning for B.C. backcountry

All that powder on B.C. mountains looks enticing, but the Canadian Avalanche Centre has issued a warning that should put a chill in any backcountry plans you may have.

Recent frigid weather, followed by a big

dump of snow, has created a slippery layer within the snowpack, making the chance of an avalanche extremely likely.

The avalanche centre lists the risk as high in every area of the province except inland mountains of the north-west coast.

The warnings are among the earliest ever issued by the centre, with the avalanche season just weeks old, and one fatality already recorded in northern B.C.

THE CANADIAN PRESS

It's snow picnic in south

Wintry conditions across much of southern B.C. have turned many highways into skating rinks.

Travel advisories have been issued for parts of Highway 1, the Coquihalla, Highway 8 and Highway 95 as heavy snow and freezing rain make driving treacherous. Numerous crashes were reported through the morning, closing roads or causing lengthy delays.

THE CANADIAN PRESS

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Polygamy: The fight will go on

► B.C. judge rules law valid ► But case will surely head to top court

A B.C. judge says Canada's anti-polygamy law is valid.

Chief Justice Robert Bauman says the harms that polygamy inflicts on women and children outweigh any claim to religious freedom.

But Bauman of the B.C. Supreme Court says the law is only valid if it isn't used to prosecute child brides — and he says judges should interpret it in that way.

Bauman yesterday wrapped up a landmark case that's almost certainly destined for the Supreme Court of Canada.

The B.C. government had asked the court to examine the constitutionality of the polygamy law following the failed prosecution of two leaders from Bountiful.

"There is no such thing as so-called 'good polygamy.'"

CHIEF JUSTICE ROBERT BAUMAN
OF THE B.C. SUPREME COURT

For two months, the court heard from academic experts, former polygamist women and current plural wives.

They debated whether polygamy was inherently harmful or a protected religious practice.

"This case is essentially about harm.... This includes harm to women, to children, to society and to the institution of monogamous marriage," wrote Bauman.

"Polygamy's harm to society includes the critical fact that a great many of its individual harms are



► Children play outside the Mormon Hills school in the polygamist community of Bountiful yesterday.

not specific to any particular religious, cultural or regional context.

"They can be generalized and expected to occur wherever polygamy exists."

Bauman accepted evidence that polygamy inherently leads to a long list of harms, including physical and sexual abuse, child brides, the subjugation of women, and the expulsion

of young men who have no women left to marry.

Bauman's decision isn't binding.

The Supreme Court of Canada would have the final say on Canada's

polygamy law.

George Macintosh, a lawyer appointed to oppose the law at the hearings, said he would likely launch such an appeal.

THE CANADIAN PRESS

Blackmore: 'I am who I am, we are who we are'

Winston Blackmore says he has a load of drywall to unload from his truck and doesn't have a lot of time to discuss court rulings.

Even if they essentially find his lifestyle damaging to women and children and could result in criminal charges.

Blackmore said yesterday successive B.C. governments have been persecuting his religious community of Bountiful for decades and he wishes to be left alone rather than have to defend himself.

He leaned against the stage of his recently built community hall, wearing a black J.R. Blackmore and Sons baseball cap, boots, blue jeans and black leather jacket.

But his blue eyes flashed, his relaxed demeanour quickly turned rigid and his arms jutted outwards as he tried to swallow a B.C. Supreme Court ruling that found Canada's 121-year-old polygamy law is valid.

"I am who I am, we are who we are," said Blackmore, 55.



► Winston Blackmore, pictured yesterday, says he always expected the case to end up in Canada's top court.

"And, you know, in 1985 it was a criminal act to commit adultery in Canada and somehow or other somebody got that changed.

"But an adulterer, somebody who committed adultery before 1985, is just as big a criminal as I am."

But despite his best efforts to shrug off yesterday's B.C. Supreme Court decision, Blackmore was clearly rankled about

what he considers an attack on his community's way of life.

"This isn't just a religious right, it's our right to freely associate," said Blackmore.

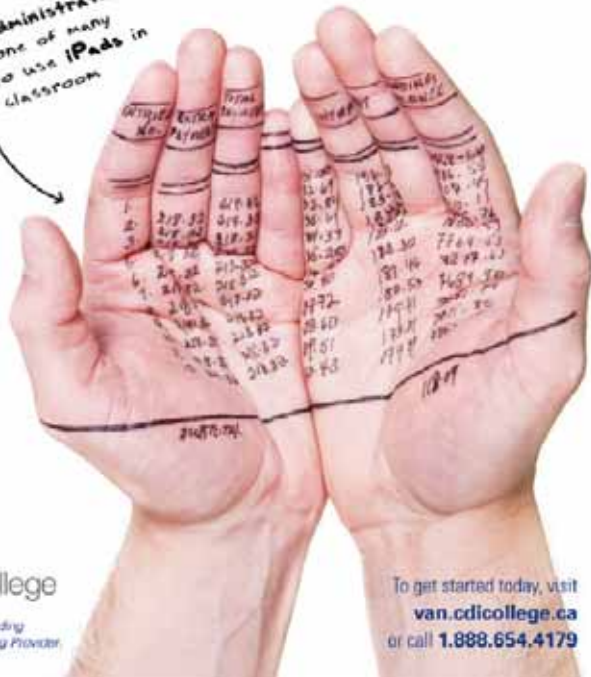
"It's the right for adults to freely associate. And so, to say nothing good ever came out of polygamy ... for people who are associating adults, I don't think that's correct."

THE CANADIAN PRESS

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Submerged-car girl tried suicide, court told

A court heard yesterday about the gruesome home life of a teenage girl allegedly killed by her family along with her two sisters.

Sahar Shafia confided in school and child protection authorities that she was being pressured to wear a hijab, the court in Kingston was told.

She was also being shunned at home, so she

tried to kill herself, the court heard.

Shafia, then 16, told a school assistant principal her parents had barely spoken with her in the previous eight months.

She also said she was subject to verbal and physical abuse by her older brother, the assistant principal told court.

It was all too much, so she took some pills in a

► Sahar Shafia, in a photo released this week, said she had been “emotionally rejected” by her parents, a court heard.



suicide attempt, assistant principal Josee Fortin said. “I had enough,” she said Sahar told her. “I wanted to die.”

The bodies of Sahar, 17, her sisters Zainab, 19, and Geeti, 13, along with the body of Rona Amir Mohammad, 50, one of their father's two wives, were found in a car submerged in a Kingston canal.

THE CANADIAN PRESS

Family on trial

- The parents, Tooba Mohammad Yahya, 41, and Mohammad Shafia, 58, and brother Hamed, 20, have pleaded not guilty to first-degree murder.
- When Sahar tried to kill herself, her mother said something to the effect of, if she wants to die, let her, the court heard.

Protesters feel the heat — and cold

► Toronto camp dismantled almost peacefully ► Snow gives Montreal campers the shivers

Occupy Toronto protesters bowed to the inevitable yesterday — after 39 days.

With garbage trucks poised to haul away the debris and busloads of baton-toting, armour-clad officers positioned nearby, the Toronto chapter of an international expression

of dissent and disenchantment came to a peaceful and decidedly Canadian end.

Scores of police and by-law officers armed with a court order moved into a downtown park in the frosty pre-dawn darkness to dismantle the Occupy

camp. The end appeared to come as a relief to the shrinking number of activists. “I wish it was over,” said one forlorn young man. “I’m tired.”

One woman was arrested. She went limp and was carried away.

Two others were arrest-

ed later as a crowd chanted “Shame! Shame!”

OTTAWA

At least eight people were arrested early yesterday when police entered Confederation Park to ask Occupy protesters to leave.

MONTREAL

Occupy Montreal tents

sagged under the weight of snow as the city faced its first major storm of the season.

Mayor Gerald Tremblay has asked protesters to leave the site in the financial district. They say they have no plans to move.

THE CANADIAN PRESS

Occupy spawns a web of laughs

The Occupy protests have spawned all kinds of Internet fun.

Take the California police officer who pepper-sprayed campus protesters: His name is Lt. John Pike but he's known as “Pepper Spraying Cop” online.

A meme positions him pepper-spraying famous figures in history. George Washington gets it. So does Jesus. Even the hobbits of Lord Of The Rings get sprayed.

There have been other goofy online reverberations, too.

One image of a cat bears a note: “I am the 99 percent.”

Other variations include Occupy Sesame Street. Says the Cookie Monster: “99 per cent of the world's cookies are consumed by the 1 per cent of the monsters.”

THE ASSOCIATED PRESS



► Occupy Montreal campers get the cold, hard truth: Winter — and snow — can put protesting in a deep-freeze.

Craigslist jobseekers killed: Cops

A Craigslist ad for a phoney Ohio farm job may have led to killings, officials say.

A death certificate indicates a Virginia man died of a gunshot wound to the head and was found in a wooded area in southeast Ohio.

Investigators said one man lured to the non-existent job was found dead last week and a second was shot. THE ASSOCIATED PRESS

Wi-Fi use protested

Parents in a school district north of Toronto kept their children out of school yesterday to protest the use of Wi-Fi in classrooms.

About 40 people, including a dozen kids from Grades 1 to 5, joined a picket line in Aurora, spokesperson Christine Marrin said.

The parents are concerned Wi-Fi could be exposing their children to radiation, she said.

THE CANADIAN PRESS

Drug raids nab 28

Quebec police say 28 people have been arrested in a major strike against an alleged drug-trafficking ring involving the Hells Angels.

Twenty-five people were arrested in Quebec, while three others were detained

in New Brunswick.

More than 400 officers were involved in pre-dawn raids that netted 27 firearms, \$140,000 in cash and nearly two kilograms of cocaine.

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Egypt military faces world anger

► UN official calls for prompt, impartial probe ► Brief truce fails as protesters battle police at Tahrir Square

International criticism of Egypt's military rulers mounted yesterday as police clashed for a fifth day with protesters demanding the generals relinquish power immediately. A rights group raised the death toll for the wave of violence to at least 38.

The United Nations strongly condemned authorities for what it deemed an excessive use of force. Germany, one of Egypt's top trading partners, called for a quick transfer of power to a civilian government. The U.S. and the UN secretary-general have already expressed their concern over the use of violence against mostly peaceful protesters.

Navi Pillay, the UN High Commissioner for Human Rights, deplored the role of Egypt's security forces in at-

More concessions

► The government offered more concessions, ordering the release of 312 protesters detained over the past days and instructing civilian prosecutors to take over a probe the military started into the death of 27 people, mostly Christians, on Oct. 9.

tempting to suppress protesters.

"Some of the images coming out of Tahrir, including the brutal beating of already subdued protesters, are deeply shocking, as are the reports of unarmed protesters being shot in the head," Pillay said.

Clashes resumed for a fifth day despite a promise by the head of the ruling military council on Tuesday

to speed up a presidential election to the first half of next year, a concession swiftly rejected by tens of thousands of protesters in Tahrir Square.

Elnadeem Center, an Egyptian rights group known for its careful research of victims of police violence, said late Tuesday that the number of protesters killed in clashes nationwide since Saturday is 38.

The clashes also have left at least 2,000 protesters wounded, mostly from gas inhalation or injuries caused by rubber bullets fired by the army and the police. The police deny using live ammunition.

Human Rights Watch on Tuesday cited morgue officials as saying at least 20 people have been killed by live ammunition.

THE ASSOCIATED PRESS

► An Egyptian protester using scrap metal as a shield takes cover from tear gas during clashes with security forces near Tahrir Square in Cairo yesterday.



KHALIL HAMRA/THE ASSOCIATED PRESS

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HANI MOHAMMED/THE ASSOCIATED PRESS



► People celebrate the signing by President Ali Abdullah Saleh of a document agreeing to step down after a long-running uprising to oust him from 33 years in power in Sanaa, Yemen, yesterday.

ARAB SPRING

YEMEN PRESIDENT TO STEP DOWN

Yemen's authoritarian President Ali Abdullah Saleh yesterday agreed to step down amid a fierce uprising to oust him after 33 years in power. The U.S. and its powerful Gulf allies pressed for the deal, concerned that a security collapse in the impoverished Arab nation was allowing an active al-Qaida franchise to gain a firmer foothold.

Saleh is the fourth Arab leader toppled in the wave of Arab Spring uprisings this year, after longtime dictators fell in Tunisia, Egypt and Libya. The deal gives Saleh

immunity from prosecution — contradicting a key demand of Yemen's opposition protesters.

Seated beside Saudi King Abdullah in the Saudi capital Riyadh, Saleh signed the U.S.-backed deal hammered out by his country's powerful Gulf Arab neighbours to transfer power within 30 days to his vice-president, Abed Rabbo Mansour Hadi. That will be followed by early presidential elections within 90 days.

He was dressed smartly in a dark business suit with a matching striped tie and handkerchief, and

he smiled as he signed the deal, then clapped his hands a few times. He then spoke for a few minutes to members of the Saudi royal family and international diplomats, promising his ruling party "will be co-operative" in working with a new unity government.

"This disagreement for the last 10 months has had a big impact on Yemen in the realms of culture, development, politics, which led to a threat to national unity and destroyed what has been built in past years," he said. THE ASSOCIATED PRESS



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U.S. stands firm after Russia threat

► Medvedev warns that Moscow may opt out of START arms control deal with Washington

The White House says the U.S. will not limit or change its missile defence plans in Europe amid new threats from Russia.

Spokesman Tommy Vitor says the U.S. has been open and transparent with Moscow on its missile defence plans in Western Europe. The U.S. has repeatedly said those plans reflect a growing threat from Iran and would not be directed against Russia's nuclear forces.

His comments follow Russian President Dmitry Medvedev's assertion yesterday that Russia would target the U.S. missile shield if Washington fails to assuage Moscow's concerns. **THE ASSOCIATED PRESS**

Tit for tat

► The U.S. plan calls for placing land- and sea-based radars and interceptors in European locations, including Romania and Poland, over the next decade and upgrading them over time.

► Medvedev warned that Moscow would deploy short-range Iskander missiles in Kaliningrad, a Baltic Sea region bordering Poland, and place weapons in other areas in Russia's west and south to target U.S. missile defence sites. Medvedev said Russia would put a new early warning radar in Kaliningrad.

Italy. Mudslides



► Cars get stuck in the mud in Scarcelli Saponara, near Messina, southern Italy, yesterday.

CARMELO IMBESI/THE ASSOCIATED PRESS

Rains batter eastern Sicily

Torrential rain battered eastern Sicily yesterday and mudslides killed at least three people and have swept away cars and washed out bridges. A mudslide in the hamlet of Saponara killed a 10-year-old boy as his family fled their home. Much of Italy's terrain is landslide-prone, and many have built homes on steep hillsides in defiance of warnings by geologists.

Clooney, Ronaldo on Berlusconi defence list

Actor George Clooney and his ex-girlfriend, Elisabetta Canalis, are among more than 200 witnesses accepted yesterday by a Milan court in the trial of former prime minister Silvio Berlusconi for allegedly paying for sex with an underage prostitute.

Clooney has said he was approached by Berlusconi's team to testify about "bunga bunga" parties at Berlusconi's villas, but says he only visited the premier's residence once to

seek aid for Darfur and declined an invitation to stay.

Berlusconi's defence lawyer Niccolò Ghedini told reporters that Clooney and soccer star Cristiano Ronaldo are on the defence list because an important prosecution witness cited them, the news agency LaPresse reported.

Ghedini said they want to dispute the witness's testimony.

Clooney said in an interview with Time magazine



► George Clooney and ex-girlfriend Elisabetta Canalis.

GARETH CATTERMOLE/GETTY IMAGES

posted online that he was willing to testify, but added: "I wasn't at the bunga bunga party."

"I went to speak about Darfur. ... It was a very interesting conversation to say the least, that became a very different kind of event than anyone ever thought."

At the end of the meeting, Clooney said he was invited to stay for a party. The actor said he responded: "No, I gotta go."

THE ASSOCIATED PRESS

Sex case

► The witness list also includes Karima el-Mahroug, the Moroccan teen who is alleged to have had sex with Berlusconi in exchange for money. Both she and Berlusconi, 75, have denied a sexual relationship.

► Also slated to testify are three former aides being tried separately for their alleged role in organizing sex-fueled parties.

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Most Italians back legal immigration

Two-thirds of Italians consider legal immigration "good" for their country and many would welcome more migrants, an AP-GfK poll has found.

Many Italians have

blamed the relatively new phenomenon of immigration for problems ranging from unemployment to drug trafficking, and from burglaries to violent crime.

THE ASSOCIATED PRESS

Mars-bound probe back on track

The European Space Agency has received the first signal from an unmanned Russian spacecraft bound for a moon of Mars since it got stuck in Earth's orbit two weeks

ago, officials said yesterday, raising hope the mission might be saved.

Russia's space agency said an ESA tracking facility in Australia got the signal from the Phobos-Grond probe early yesterday.

The \$170-million craft became stranded in orbit after its thrusters failed to fire. **THE ASSOCIATED PRESS**

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Anti-nuke anger flies off the rails

► Vehicles torched as protesters in France try to stop 'radioactive train'

The shadow of Japan's nuclear disaster loomed over violence in northern France yesterday.

Riot police fired tear gas at anti-nuclear protesters in a Normandy field and vehicles were set aflame.

Activists damaged a railway and delayed the departure of a train carrying recycled uranium to Germany.

"Stop This Radioactive Train," read banners waved by protesters.

The train finally left the depot at Valognes, but was expected to meet protests and resistance all along its journey from a nuclear waste processing site on the English Channel to a storage site in northern Germany.

Protesters point to the disaster at Japan's Fukushima

Europe's stance

► Chancellor Angela Merkel's government has decided to shut all Germany's nuclear plants by 2022.

► French President Nicolas Sarkozy has reiterated his commitment to nuclear power. France is more reliant on nuclear power than any other country, with the majority of its electricity coming from atomic reactors.

ma nuclear plant after a tsunami earlier this year as an urgent reason to abandon atomic power.

In Germany, police were preparing a big security operation to protect the nuclear waste shipment.

THE ASSOCIATED PRESS



► Riot police face protesters at a burning barricade in Normandy, France, yesterday. Anti-nuclear activists were trying to head off the departure of a train carrying recycled uranium to Germany.

France sending Noriega back to Panama

A French court ruled yesterday that former dictator Manuel Noriega can be extradited to Panama to serve time for past crimes.

The ruling comes more than 20 years after Noriega was ousted and arrested in a U.S. invasion.

"God bless you," Noriega told the French appeals court that announced the extradition approval.

"God bless my family, God bless my enemies, God bless France.

"I want to return to Panama and prove my innocence," he said, through an interpreter.

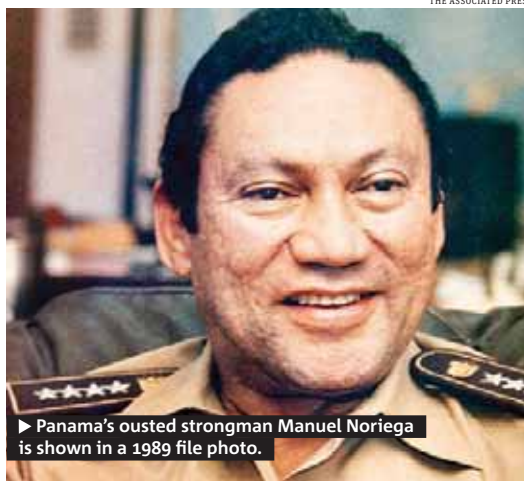
The elderly former

Panamanian strongman hasn't seen his homeland in more than two decades, years he spent behind bars in Florida, on drug charges, and France, for money laundering.

His lawyer said he could be in Panama as soon as today.

Panama wants Noriega returned to serve prison terms handed down after he was convicted in absentia for embezzlement, corruption and murder.

There's a chance that because of his age — he's in his 70s — he may get to serve out his time under house arrest.



► Panama's ousted strongman Manuel Noriega is shown in a 1989 file photo.

The decision comes after months of legal procedures focused on a man whose past has kept judicial officials in three countries busy for years.

France's prime minister, Francois Fillon, now needs to sign an administrative decree allowing Noriega to be transferred.

Panama's Foreign Secretary Roberto Henriquez said five Panamanian officials will travel to France to bring back Noriega. He said Panama expects Noriega will return in tourist class on a commercial flight.

THE ASSOCIATED PRESS

End of an asset

► Noriega, a one-time CIA asset who lorded over Panama from 1983 to 1989, turned into an embarrassment for the U.S. after he sidled up to Colombia's Medellin drug cartel and turned to crime.

► In late 1989, U.S. President George H.W. Bush ordered an invasion to oust Noriega.

► The dictator holed up in the Vatican Embassy, and U.S. forces blasted it with incessant loud rock music until he surrendered in January 1990.

Nailed in jobs scam

Officials say a California man has been convicted of seeking visa extensions for Thai welders purportedly hired for a construction job.

In reality, the workers were forced to work at restaurants and live in deplorable conditions.

Attorneys say Yoo Taik

Kim was found guilty by a Los Angeles jury Tuesday of visa fraud and lying on his citizenship application.

Defence attorney Raul Ayala said Kim lacked understanding of U.S. immigration and labour laws and did not intend to employ the workers.

THE ASSOCIATED PRESS

Arctic ice slips away

Research published in a top scientific journal says Arctic sea ice has declined more in the last half-century than it has any time over the last 1,450 years.

The study also concludes the current

decline has already lasted longer than any previous one in that period.

"It's difficult not to come up with the conclusion that greenhouse gases must have something to do with this," said Christian Zdanowicz of the Geological Survey of Canada, one of the co-authors of the report in Nature.

THE CANADIAN PRESS

They win, he loses

Dave Johnston is kicking himself for pulling out of a lottery pool that's about to cash in a Lotto 6/49 ticket for \$30 million.

The steamfitting instructor at Red Deer College in central Alberta used to play regularly with plumbing teachers he sat with in the school's lunch-

room every day.

But he pulled out over a year ago.

"It's hard to stay in," said Johnston, who added he kept putting in his cash but the pool wasn't winning big. He eventually decided it just wasn't going to happen.

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Bunny-lovers protest extermination

► Small town overrun by bunnies afraid they'll attract unwanted predators ► Will euthanize them if sterilization plan fails

A website is urging tourists to boycott a scenic Rocky Mountain community near Banff National Park if it doesn't back off plans to destroy its feral rabbits.

The site called Canmore Resident Plan doesn't list a spokesperson, but heavily criticizes the town's mayor and council. It calls on musicians, dancers, sports teams and businesses planning events in Canmore to go elsewhere starting Dec. 1.

"You have to take some of it seriously because obviously you will lose some people. There's no doubt about it," Mayor Ron Casey said in an interview with The Canadian Press.

"But at the same time you can't let a percentage drop in tourism influence you from doing the right thing."

Canmore is expected to begin trapping some of its burgeoning bunny population next week. The issue

Overcrowding

The rabbits were originally pets but were released in the 1990s and started doing what bunnies do best.

- The population has hit the 2,000 mark, one rabbit for every six people in the town of 12,000.
- The mayor said that too many rabbits could attract predators such as coyotes looking for an easy snack.
- Canmore has a deal with a local animal-welfare group to sterilize and relocate the bunnies.
- But funding is short. It costs \$130 per bunny and less than \$10,000 has been raised so far.
- If the deal fails, the town has hired a contractor to trap and gas the hoppers.

has been the source of heated debate for years. **THE CANADIAN PRESS**



► Kyndra Bigg of the group Save Canmore Bunnies makes friends with one of the residents of a Canmore park, on Tuesday. The town intends to remove and euthanize about 2,000 rabbits which it says attracts predators into the community.

NDP calls Clement out on G8 spending

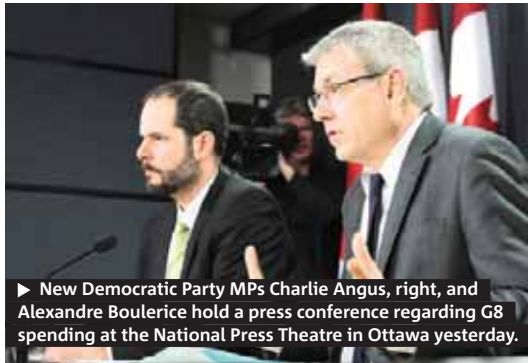
The NDP has obtained more documents that appear to contradict Tony Clement's insistence that he was not involved in carving up a \$50-million fund to spruce up his riding before last year's G8 summit.

The treasury board president told a Commons committee he simply played a "co-ordinating role," forwarding the wish lists of mayors in his Ontario cottage country riding to John Baird, infrastructure minis-

ter at the time, who decided which projects would get funding.

He repeated that assertion yesterday in the House of Commons.

But, New Democrat MP Charlie Angus says documents obtained by the NDP through provincial freedom-of-information legislation show Clement gave "false and misleading" testimony to the public accounts committee earlier this month and is not fit to



► New Democratic Party MPs Charlie Angus, right, and Alexandre Boulerice hold a press conference regarding G8 spending at the National Press Theatre in Ottawa yesterday.

be in cabinet, much less in charge of the nation's treasury.

The documents show it was the manager of Clement's Parry Sound-Muskoka constituency office who put out a call to municipalities for funding applications, specifying the kinds of projects that were wanted.

"I have been asked to put out a call for G8 submissions specific to the enhancement of the down-

town area's (sic) in each town and municipality," Sondra Read wrote in a March 30, 2009, email to nine mayors and other municipal officials. "We are looking for storefront renovations, roadwork, landscaping and general beautification, lighting, signage, anything that will enhance and is specific to the downtown area."

The email appears to contradict Clement's earlier testimony. **THE CANADIAN PRESS**

Mom intent on stopping kid's bully

An Ottawa mom wants the nine-year-old who threatened her daughter and brought a knife to school to be expelled, because she is afraid of what will happen when the student returns to school.

Angelle Bow said her daughter, 10-year-old Haylee, was kicked in the back during an anti-bullying assembly and then threatened after she intervened as the bully was assaulting her friend at St.

Marguerite d'Youville School.

"I'm going to Google your name, kill your moms, make you watch, and then I'm going to kill you," the nine-year-old bully said to Haylee and her

friend, said Bow.

The kid has been suspended for a few days, but Bow plans to approach the school board and the government, if necessary, to ensure the bully doesn't return. **JESSICA SMITH IN OTTAWA**

Baird wise on words

Bureaucrats told foreign affairs minister John Baird to tread carefully in a meeting last month at the Vatican about his plan to set up an office of religious freedom within his department.

Documents provide a glimpse into the government's efforts to set up an office within Foreign Affairs that will monitor the persecution of religious minorities.

THE CANADIAN PRESS

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24 people killed in Mexican state

► Authorities investigating whether link exists between attacks in Sinaloa, which is home to drug cartel

Attacks in the home state of Mexico's most powerful drug cartel left 24 people dead and 17 of the victims' bodies were found burned in two pickup trucks, officials said yesterday.

Neighbours called police after seeing a pickup truck on fire early yesterday in the Antonio Rosales neighbourhood of state capital

Culiacan, said state Attorney General Marco Antonio Higuera Gomez.

Investigators found 12 bodies in the back of the truck, some of them hand-

cuffed and wearing bullet-proof vests, Higuera said. Authorities are trying to determine if some of the victims were part of a group of nine people, including

three police officers, who were kidnapped in the town of Angostura on Monday.

Minutes after the first fire was reported, authori-

ties received another call about a truck burning behind a store. Police found four bodies inside that vehicle. All the victims had been shot. **THE ASSOCIATED PRESS**

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7 charged in Amish attacks

MIKE SCHENCK/THE ASSOCIATED PRESS



► In this Oct. 19, 2011, file photo, from left, Johnny Mullet, Lester Mullet, Daniel Mullet, Levi Miller and Eli Miller wait to make their pleas in a court in Millersburg, Ohio.

The leader of a breakaway Amish group allowed the beatings of those who disobeyed him, made some members sleep in a chicken coop and had sexual relations with married women to "cleanse them," federal authorities said yesterday as they charged him and six others with hate crimes in hair-cutting attacks against other Amish.

Authorities raided the group's compound in eastern Ohio earlier in the day and arrested seven men, including group leader Sam Mullet and three of his sons.

Several members of the group carried out the attacks in September, October and November by forcefully cutting the beards and hair of Amish men and women and then taking photos of them, authorities said.

Cutting the hair is a highly offensive act to the Amish, who believe the Bible instructs women to let their hair grow long and men to grow beards and stop shaving once they marry.

One victim told the FBI he would rather have

Mullet's defence

Sam Mullet's defence attorney said that his client plans to fight the federal charges.

- Mullet said he didn't order the hair-cutting but didn't stop the crime either.
- His goal was to send a message to other Amish that they should be ashamed of themselves for how they were treating Mullet and his community.

been "beaten black and blue than to suffer the disfigurement and humiliation of having his hair removed," according to court papers.

The attacks struck at the core of the Amish identity and tested their principles.

They are pacifists and strongly believe that they must be forgiving in order for God to forgive them, which often means handing out their own punishment and not reporting crimes to law enforcement.

THE ASSOCIATED PRESS

Obama. Turkey



PABLO MARTINEZ MONSIVAIS/THE ASSOCIATED PRESS

Americans give thanks

About 42.5-million people are expected to drive, fly or ride trains to their Thanksgiving destinations, according to travel tracker AAA. That's the highest number since the start of the recession in 2008, despite an average 20 per cent increase in travel costs.

'Benton' sweeps Internet

► Video of British man cursing his dog goes viral with 700,00 views ► Multiple spoofs follow

"Benton! Benton! Jesus Christ!"

That was the cry heard around the world this week, when a video of a British man cursing his dog — as the dog chases some deer — went viral. (Search for Jesus Christ in Richmond Park.)

Within hours, a spoof video had gone up: "Jesus Christ in Jurassic Park," which places the "Benton!" audio track over footage of rampaging dinosaurs.

Then more parodies hit: Braveheart, Back to the Future, Jumanji, The Lion King, Alien.

How does someone make a viral video of a viral video so quickly? We contacted the "Jurassic" creator.

"My niece put the original on Facebook when it first came out and had like



1,000 views," says David Bow, 32, a freelance video editor from London. "It

cracked me up because I used to have a Labrador, too, and he'd always be get-



Scan code to watch Jesus Christ in Richmond Park.

ting me in to all sorts of mischief."

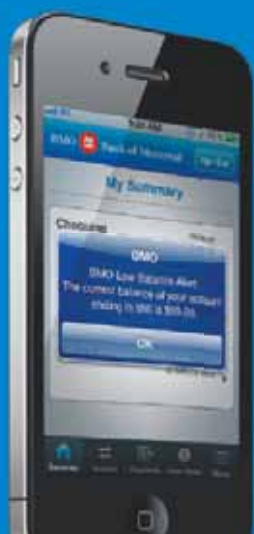
Bow had watched "Jurassic Park" three nights before and thought the scenes would match. The execution was done quickly: "I played three games of FIFA first so about 40 minutes."

Once posted, his parody landed on the front page of influential website Reddit, where it was rated highly.

Bow says the video became popular because, "If I'm being honest? Talent. I'm not being arrogant here but I think people recognize talent."

● METRO WORLD NEWS

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WHO urges resistance to tobacco firms' lobbying

- Industry taking legal action, claiming anti-tobacco measures are illegal
- These include mandatory graphic images, banning logos on packaging

SETH WENIG/THE ASSOCIATED PRESS



► An employee at Island Smokes demonstrates how to make cigarettes using a machine in New York.

The head of the World Health Organization has urged countries to stand together against tobacco companies that are trying to "harass" them into softening their anti-smoking stance.

"How can we as an international community allow big tobacco to harass countries?" asked WHO director-general Margaret Chan at a public health meeting in Geneva. Chan said Aus-

tralia, Uruguay, Norway and the U.S. were among the countries targeted by the tobacco industry over their measures to reduce smoking-related disease.

Tobacco giant Philip Morris launched legal action against Australia's government Monday, hours after the country's parliament passed new legislation banning all logos from cigarette packages.

The legislation, which takes effect in December 2012, bans the use of logos and brand imagery on cigarette packages, instead requiring that brand names be printed in a small, uniform font on dull olive

"Tobacco is the only industry that produces products that make huge profits and at the same time damage the health and kill their consumers."

MARGARET CHAN,
WHO DIRECTOR-GENERAL

green packets. Cigarette packs will also include larger health warnings with graphic pictures.

A spokeswoman for Philip Morris said the company had been forced to act because the anti-tobacco measures were illegal.

"The laws that we have challenged in Uruguay and Norway have not reduced smoking but contravene numerous laws and treaties," said Anne Edwards, a spokeswoman for Philip Morris International, which is based in Lausanne, Switzerland.

"As concerns Australia, the government has been unable to demonstrate that plain packaging will be effective at reducing smoking and has ignored the widespread concerns raised in Australia and internationally regarding the serious legal issues associated with plain packaging," Edwards said in a statement.

"Legal action is not something that we take lightly but in these exceptional circumstances we are unfortunately left with no option," she added.

In the U.S., tobacco companies have sued the Food and Drug Administration over requirements to feature graphic warnings about the dangers of smoking, saying the rules infringe their right to free speech.

THE ASSOCIATED PRESS

News mogul Murdoch resigns

News International executive James Murdoch has resigned as a director of the companies that publish The Sun and The Times of London newspapers, the company confirmed yesterday.

Murdoch quit the board of News Group Newspapers Ltd. and Times Newspapers Ltd. following the appointment of Tom Mockridge as News International CEO in September, the company said in a statement.

News Group Newspapers publishes The Sun, Britain's biggest-selling tabloid, and until July published the News of the World tabloid, the country's top-selling Sunday paper. Times Newspapers is responsible for the Times and the Sunday Times.

Murdoch, who denies knowledge of wrongdoing in the hacking, remains chairman of News International, the British arm of his father Rupert Murdoch's News Corp.

He also remains a director of the Times Newspapers Holdings Ltd., a holding company of Times Newspapers.

Although appointments to subsidiary boards such as these are often a matter of procedure, Murdoch's moves within News International and his father's larger News Corp. media empire are being closely watched amid speculation over whether the 38-year-old will succeed his father at the top of News Corp.

THE ASSOCIATED PRESS

FEDERAL COURT

CBC loses info-access appeal

The CBC has lost another key court battle in its efforts to keep internal documents secret.

The Federal Court of Appeal ruled against the public broadcaster yesterday, saying the CBC is legally required to turn over material to the information commissioner of Canada for review.

The case involved 16

formal requests for information the CBC said it was not required to provide, citing a provision in the Access to Information Act that allows it to protect certain journalistic material. CBC also refused to allow the information commissioner Suzanne Legault to examine the documents in order to review its decision, after requesters complained.

Legault took the case to Federal Court, winning in 2010 and winning again yesterday after the CBC appealed.

THE CANADIAN PRESS

Nokia cuts jobs to compete

Nokia Siemens Networks is slashing 17,000 jobs worldwide by 2013 — nearly 23 per cent of its workforce — as it strives to cut costs by about \$1.35 billion US a year. The world's No. 2 mobile infrastructure maker said yesterday the measures are part of restructuring to make the company more flexible and efficient as it struggles against new Asian rivals. The Finnish-German joint venture said it would outsource services and "significantly" reduce suppliers.

THE ASSOCIATED PRESS

Tastes like pork but it's goose: Rabbi

Israel's chief rabbi is bringing home the bacon. Yona Metzger's office says it is primed to allow import of an organic goose grown in Spain that tastes like pork. Three non-Jewish chefs confirm its swinish flavour, he says. Jewish dietary law strictly forbids eating pork. There is no Jewish injunction against eating goose, no matter what it tastes like, as long as it is slaughtered according to Jewish ritual, says Metzger's office. Secular Israelis have long enjoyed pork at non-kosher restaurants. THE ASSOCIATED PRESS

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Businesses should still invest: Carney

Bank of Canada governor Mark Carney says growing access to capital should make Canadian businesses confident to invest, despite the financial chaos that has rocked Europe and troubling signals out of the United States.



► Carney

Board of Trade said Carney's comments are reassuring to entrepreneurs who wonder if the time is right to develop their businesses and export markets. "The worry is when they hear that in Europe investments are slowing down and the fear is a form of contagion," said Michel Leblanc.

THE CANADIAN PRESS

Carney forecast

- Carney said interest rates will remain low as the central bank tries to keep the economy moving.
- Carney maintained that the economy will grow 1.9 per cent next year, emphasizing risks remain high.
- He predicted inflation will slow from 2.9 per cent to about one per cent by mid next year.

While Canadian trade with Europe remains relatively low, there are tremendous opportunities, even with Europe's debt crisis, Carney said. Carney cautioned against overreaction during a period of international volatility.

The head of the Montreal

Occupying malls on Black Friday

- New strategy is planning targeted marches since camps broken up
- Hit list includes big chain stores, while promoting local businesses

Occupy protesters want shoppers to occupy something besides door-buster sales and mall parking lots on Black Friday.

Some don't want people to shop at all. Others just want to divert shoppers from big chains and giant shopping malls to local mom-and-pops.

And while the actions don't appear co-ordinated, they have similar themes: supporting small businesses while criticizing the day's dedication to conspicuous consumption and shopping that fuels big corporations. Nearly each one promises some kind of surprise action on the day after Thanksgiving — the start of holiday shopping season.

In Seattle, protesters are carpooling to Wal-Mart stores to protest with other Occupy groups. Washington, D.C., is offering a "real-



► A joke sign is seen at one of several entrances to the Occupy Portland camp in Portland, Ore., last month.

DON RYAN/THE ASSOCIATED PRESS

ly, really free market," where people can donate items they don't want so others can go gift shopping for free.

Others plan to hit the mall, but not for shopping. The 75-person encampment in Boise, Idaho, will send "consumer zombies" to wander around in silent

protest. In Chicago, protesters will serenade shoppers with revamped Christmas carols about buying local. The Des Moines, Iowa, group plans flash mobs at three malls.

Trying to shop exclusively local neglects economies of scale, job specialization and other benefits that big,

Market moment

TSX	Dollar
- 223.49 (11,571.71)	- 0.99¢ (95.37¢ US)
Oil	Natural gas
- \$1.84 US (\$96.17 US)	\$3.460 (+ 4.5¢)
	Gold
	\$1,695.90 (- \$6.50)

multi-state corporations can bring, said George Mason University economist Russ Roberts. "Don't punish yourself by not shopping where you can get the best deal; that's foolish," Roberts said. THE ASSOCIATED PRESS

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'15 SECONDS TO CURTAIN' LOVE AFFAIR

HE SAYS ...

JOHN MAZEROLLE
METRO



It's time to get things started, so let's discuss: Why does my generation find the Muppets' return so celebrational?

My workplace has been so overrun with Muppet talk lately that one boss said he wouldn't take part in any more conversations unless they were Muppet-free. Embracing our good fortune, my co-workers and I spent days defending our favourite Muppets with a vigour most people save for discussing

which is the one true religion.

Let's be honest. The which-Muppet-is-best argument is silly, especially when one considers that Rowlf is the Ultimate Muppet, or "UltiMuppet," end of story.

That truth aside, the conversation still left me wondering what it is about the Muppets that captures everyone's imagination.

Have you ever had a girlfriend or boyfriend where all the things that bugged you in other partners seemed cute in her or him? That's the Muppets.

The show is soaked in irony, but is sincere and sweet. The franchise rakes in cash, but it feels like they're doing it for free. The jokes are cornier than anything this side of Hee Haw, but it's still hilarious.

Bring a Muppet to almost anything and it

improves it. If there's a Twilight: New Muppet, I'm lining up at midnight to rave about how sexy Count Von Count is. If Mel Gibson wants to make The Passion of The Kermit, I'm there. I'll even watch An Inconvenient Muppet

"Bring a Muppet to almost anything and it improves it."

Truth if Beaker is trembling at the bad news and Honeydew brings a fool-proof machine to fix global warming.

Replace Billy Joel with Rowlf, Brangelina with Kermiggy, Nickelback half-time shows with Mahna Mahna half-time shows. Life would be better.

If the Muppets were real, the world would be a simpler, less frightening place. Tell me the House of Commons wouldn't be improved with Statler and Waldorf in their balcony as the Official Opposition.

HARPER: This legislation will keep Canadians safer.

STATLER: Who keeps us safe from you?

HARPER: You guys, knock it off.

WALDORF: Actually, that speech reminded us of an article in our favourite magazine.

HARPER: Really?

STATLER and WALDORF: Harper's Bizarre!

If we all lived like Muppets, peak oil wouldn't be a problem when you can fit 40 of us in the same car. There can be no racism in a world where love exists between pig and frog. And instead of being puppets of America, we'd just be American puppets.

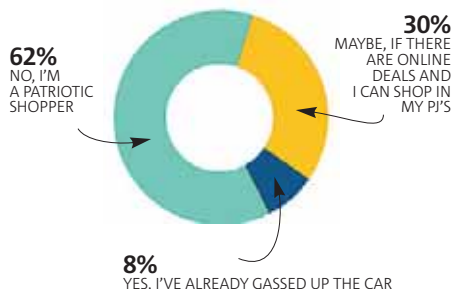
I'm not sure I've gotten to the bottom of the Muppets' appeal, but someday we'll find it, this rainbow connection. All I can say for sure is that my generation's belief in the Muppets is not cheap nostalgia, but completely felt. (Wocka wocka.)

Read more of John Mazerolle's columns at metronews.ca/hesays



Register at
metropolitanpanel.ca
and take the quick poll

Do you plan to do some cross-border shopping on Black Friday?



Local tweets



► @Arash-Madani: Wally on sex the night before

the game: "What you do you do. What's the big deal? Some players, God bless em, enjoy sex" #CFL #BCLions #99GC

► @angusreid64: Just left N Van Fit World. A kid ran up to me and asked "Are you Angus Reid? Wow, this gym just got a lot cooler!" LOL must be GreyCup week

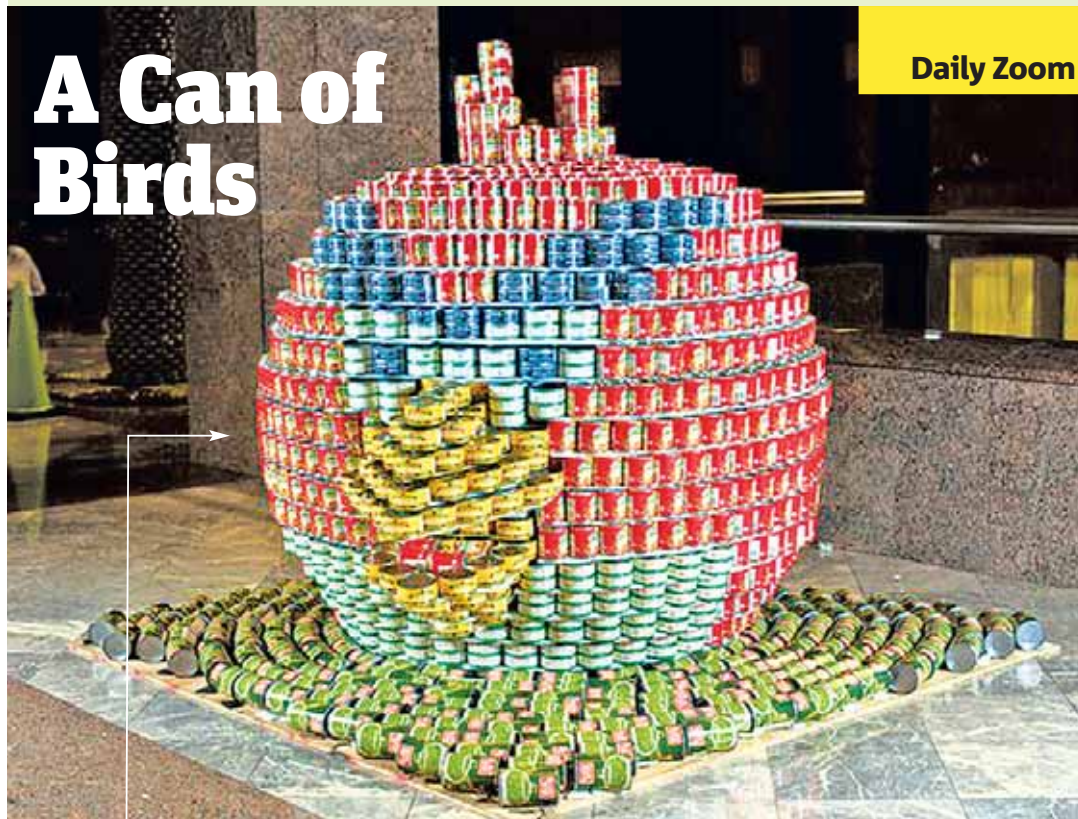
► @keithbaldrey: Snagging Joe Trasolini to run in Port Moody byelexn is a strong move by the NDP. Makes govt. victory that much

harder. #bcpoli
► @BCLionsDen: Besides home field advantage, BC Place has become a neutral site. Stadium LED display is alternating through the team colours. #99GC

► @DonDavies: Appalling stats: 1 in 10 children & 52% of single moms w/ kids under 6 live in poverty. 1 in 4 Cdns working f/t fall under poverty line...

► @SeahawksCanada: Congrats to our football cousins the @BCLions for making it to and hosting the Grey Cup. Good luck on Sunday!

A Can of Birds



Daily Zoom

Stacking up a work of art

TIN CAN. This Angry Birds replica in New York City has been constructed entirely from tin cans. It and others are part of Construction, a global community service project organized by the construction industry to benefit local food banks. The annual event has been held in over 193 cities since 1992. ● MWN

They CAN do it for a good cause

COMPETITION. The event was created by the Society for Design Administration. Spokesperson Chakshu Mehta explains the premise of the project: "The idea is to put a visual spotlight on hunger while showcasing the design." Notable creations include the head of Tutankhamen, Marilyn Monroe and Barack Obama. ● MWN

3,000

is the average number of food cans in each 'sculpture'. Between 5 to 10 stackers work as a team for up to 8 hours to build a work. The hardest thing to figure out is how many cans are needed for each project, organizers told Metro.

Can-shaped facts

► 29,000 kilos of food were raised in the New York competition. That's enough to feed almost 14,000 people for one day.
► Serious 'food stackers.' Architects, engineers, designers and building contractors team up to construct perfect sculpture.

Disney's ice, ice, baby

► Disney on Ice Toy Story 3 now performing at Pacific Coliseum ► Only in town until Sunday

BACKSTAGE PASS

GRAEME MCRANOR
METRO VANCOUVER



So far, almost all attempts at being an awesomely fun dad have been methodically thwarted by my three-year-old son, London.

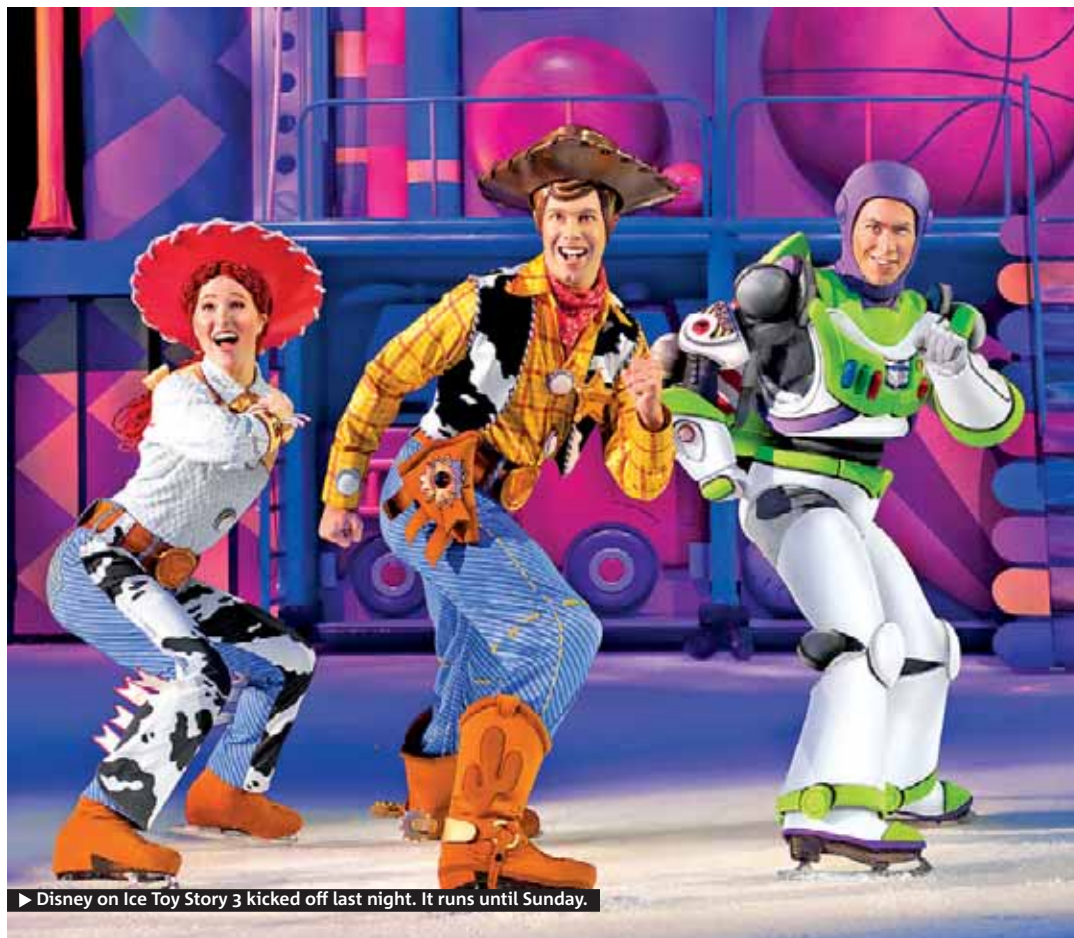
Last winter I took him to his first hockey game. He promptly passed out before the end of the first period.

Last summer, Sesame Street Live. He was overwhelmed ... and not in a good way. Tears were shed.

At Festival du Bois, he barely touched his poutine. We stuck to parks. Swimming pools. The occasional mountain trail.

Then, with a renewed sense of excitement: Yo Gabba Gabba Live. Too loud, he said.

Last Friday, we returned to Pacific Coliseum for another crack at hockey. Despite the Vancouver Giants blowing out the Victoria



► Disney on Ice Toy Story 3 kicked off last night. It runs until Sunday.

Show

What you need to know about the event.

► **Details** Disney on Ice Toy Story 3 kicked off in Vancouver last night and runs through Sunday. Tickets \$17-\$70 (kids \$15). Visit Disney.go.com for more info.

Royals 11-3, and a short-lived fascination with the above-ice stunt-flying of the Alaska Air mini-blimp, London declared at the end of the second period: "I no like hockey, daddy. Too loud."

His damning criticism of Canada's national pas-

time seemed somewhat hypocritical, especially under the interrogation-style glare of our homeward-bound bus' interior lights. As we rolled down Hastings Street a transfixed London seemed torn between a group of boisterous teenagers quaffing Old

Style Pilsners on our right, and a young man at the back indiscriminately shouting about AIDS before switching gears and daring one of the drunk teens to punch him in the face. Kind of unpredictable, really.

No matter. This week-

end we're heading back to Pacific Coliseum for Disney on Ice Toy Story 3. Yes, the toys are back in town. Buzz Lightyear, Woody, Jessie — on skates! What can go wrong?

Besides, there's always the bus ride home. It's a win-win, man.

Nickelback



Nickelback stars in a new video on the comedy site FunnyorDie.com. The profanity-laden clip finds Nickelback responding to an online petition set up to stop the divisive hard-rockers from playing at a Detroit Lions game on Thursday.

THE ASSOCIATED PRESS



See Gee Robin Gibb says on his website that he is improving after being very ill

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Bi-weekly payments are only available using customer initiated PC (Internet Banking) or Phone Pay system through the customer's own bank (if offered by that financial institution). The customer is required to sign a monthly payment contract with a first payment due one month from the contract date and to ensure that the total monthly payment occurs by the payment due date. Bi-weekly payments can be made by making payments equivalent to the sum of 12 monthly payments divided by 26 bi-weekly periods every two weeks commencing on the contract date. **Estimated fuel consumption ratings for the 2011 Escape FWD 2.3L 4-cyl 5-speed manual transmission: (9.1L/100km (31MPG) City, 7.1L/100km (40MPG) Hwy). Fuel consumption ratings based on Transport Canada approved test methods. Actual fuel consumption will vary based on road conditions, vehicle loading and driving habits. *Remember that even advanced technology cannot overcome the laws of physics. It's always possible to lose control of a vehicle due to inappropriate driver input for the conditions. **Program in effect from October 1, 2011 to January 3, 2012 (the "Program Period"). To qualify, customer must turn in a 2005 model year or older vehicle that is in running condition (able to start and move without missing parts) and has been properly registered/plated or insured for the last 3 months (the "Criteria"). Eligible customers will receive \$500/(\$1,000)/(\$2,500)/(\$3,000) towards the purchase or lease of a new 2011/2012 Ford (Fiesta (excluding S), Focus (excluding S)/Fusion (excluding SE), Taurus (excluding SE), Mustang (excluding Value Leader), Escape (excluding XLT 14 Manual), Transit Connect (excluding EV), Ranger (excluding Regular Cab 4x2 XL), Edge (excluding SE), Flex (excluding SE), Explorer (excluding base)/F-150 (excluding Regular Cab 4x2 XL), Expedition, E-Series/F-250-F-350) - all Raptor, GT500, Boss302, and Medium Truck models excluded (each an "Eligible Vehicle"). Taxes payable before Rebate amount is deducted. To qualify: (i) customer must, at the time of the Eligible Vehicle sale, provide the Dealer with (a) sufficient proof of Criteria, and (b) signed original ownership transferring customer vehicle to the Authorized Recycler; and (ii) Eligible Vehicle must be purchased, leased, or factory ordered during the Program Period. 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McAvoy gets in the holiday spirit

► James McAvoy lends his voice for the role of Santa's son in *Arthur Christmas* ► Talks about the essential ingredient for a Christmas movie (it isn't cheer)



STEVE
GOW

SCENE@METRONEWS.CA

Having lent his voice to the upcoming movie *Arthur Christmas*, James McAvoy has some insight on the key ingredient for making cinematic holiday classics.

"That key ingredient is the threat that Christmas might not happen," said the *X-Men: First Class* star recently in a phone interview.

"It's an incredible thing — that all the kids in one night in the world get a gift by one guy.

"That myth is so hard to protect and that's what makes it so epic to do it as a movie."

That's precisely what happens in *Arthur Christmas* — an animated feature in which McAvoy voices the meek son of Santa who sets out to deliver presents to one poor child who was mistakenly overlooked by Old St. Nick.

"It's very easy for these

McAvoy

on voicing

► "It's a lot less hard work I think than making normal movies. Someone else is animating for 2 or 3 years and not sleeping very much and sweating blood," said McAvoy. "(Ac-

tors) come in (and) after two hours we go away and they start breaking their backs again."

► (It's) really, really rewarding and very good fun," said McAvoy.

"There's nothing better than satisfaction in an audience but when that audience is a bunch of kids, it's even more special."

films to be generic and also to be just a little bit formulaic," said McAvoy of holiday movies.

"(But) this film is an Aardman film.

"They make Wallace & Gromit, *Chicken Run* and they've made *Flushed Away* and all that. And what their movies have always had is exquisite detail as well as a fantastic sense of humour and real heart."

There was certainly no shortage of detail in *Arthur Christmas*. Featuring an army of Santa's little helpers, the filmmakers reportedly

created a few hundred thousand elf characters — even though McAvoy acknowledges moviegoers will hardly notice them all. "The fact is, you don't appreciate how many elves there are and how many different elves there are and they've all got personalities," explained McAvoy. "(But) that just adds to the overall thing I think and richness and integrity."

"But at the end of the day, it's really just a good fun movie with a real solid Christmas heart to it backed up by all that detail."

HANDOUT



► James McAvoy says the key ingredient to a Christmas movie is the threat that Christmas might not happen.

What Simon says

► Simon Curtis talks about directing his first feature film ► *My Week With Marilyn* is getting lots of critic love



NED
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METRO WORLD NEWS IN HOLLYWOOD

Calling Simon Curtis a first-time director isn't exactly accurate, as the British filmmaker has been directing and producing — and winning awards for — work for television for 20 years. But yes, *My Week With Marilyn* is technically his first feature film. The film follows an eager newcomer (Eddie Redmayne) as he lands his first job in show business, serving as a lowly third assistant director on Sir Lawrence Olivier's collaboration with Marilyn Monroe, the Prince and the Showgirl. Curtis' film has already earned impressive acclaim — particularly for Michelle Williams' transformative performance as Monroe — and it heads into awards season under the stewardship of Harvey Weinstein. Not too shabby for a newcomer.

Can you talk about the casting of Michelle Williams as Marilyn?

All I can say is I just went with an instinct. I think she's a brilliant actress — a brilliant actress for bringing psychological texture to her parts — and I really like her. It was just a hunch.

It's also fascinating to have Sir Lawrence Olivier as the villain, in a sense.

I think he's definitely flawed, but I hope one ends up with sympathy for him. I didn't think of him in the sense of an antagonist, I just wish he'd done a better job supporting Marilyn. Even though she would drive anyone crazy in terms of lateness and all that, his job was to support her.

The film deals a lot with the misconceptions about Marilyn and her intelligence level that still persist today.

Her hunger to be taken seriously as an actress — her hunger to be taken seriously, full stop — was obviously a huge driving



► Simon Curtis says casting Michelle Williams as Marilyn Monroe 'was just a hunch.'

force at this time in her life. And I love the audience when Olivier says, "Well, can't you just be sexy?" There's an audible groan. People totally get the scale of that mistake. And I do hope that people come out sympathizing with her.

Had you considered casting your wife, Elizabeth McGovern, as Vivien Leigh?

Well, she was making *Downton Abbey* so she wasn't really available. But let's put it this way, I know a lot about an actress, a beautiful woman, who is made to feel like her moment has passed now that she's in her 40s. I love that element of Vivien Leigh and think there should be that sense that should Marilyn have lived to 43, maybe she would've felt the same.

How is it as a "first-time director"?

Well, this is very different. It taught me that when you choose a film as a director you better be damn sure it's going to be something you can feel passionate about. Because you're going to be in a lot of test-screenings and you're going to be under a

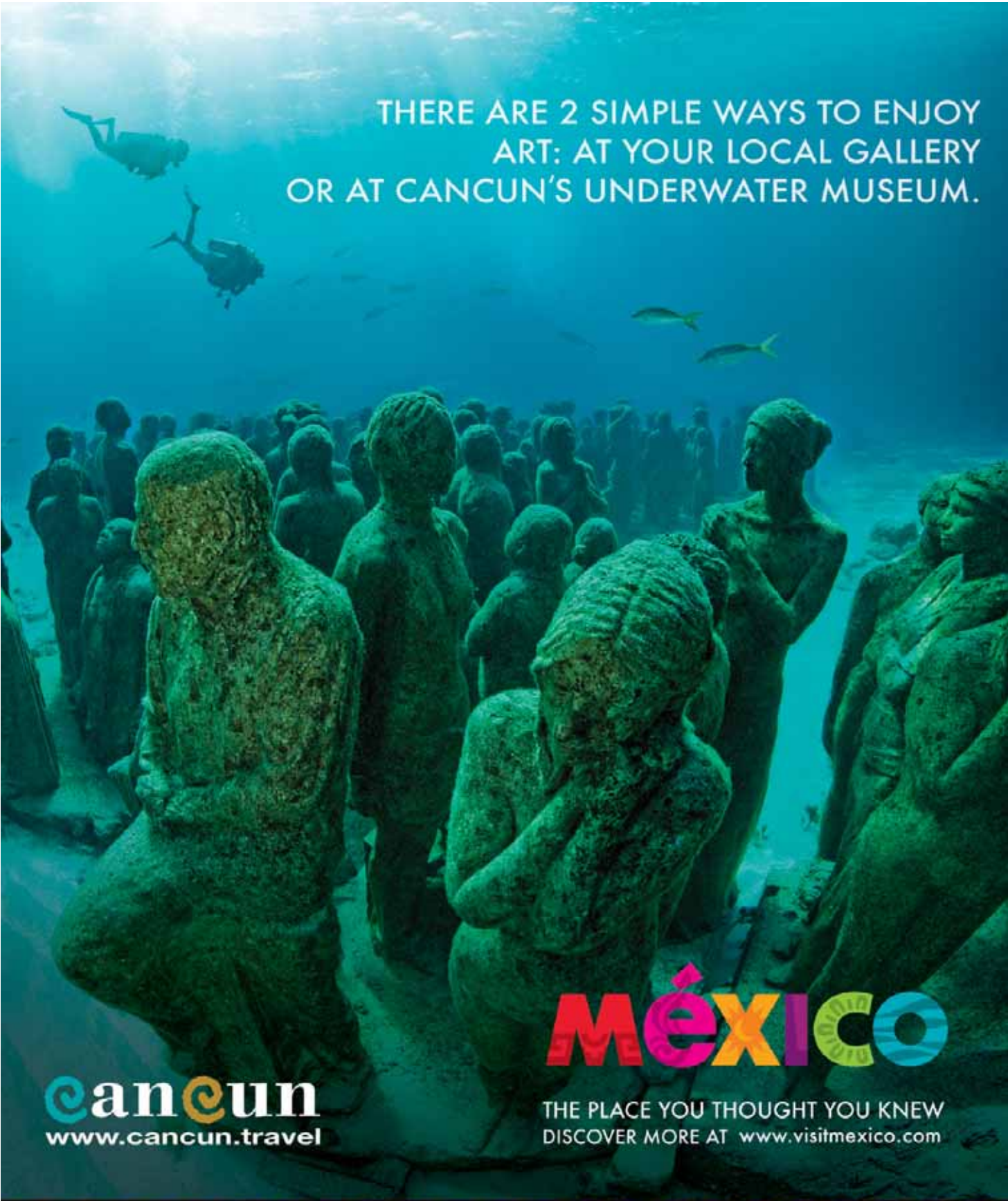
lot of scrutiny. And I've been on the journey with Harvey [Weinstein], and his passion for the film has been second-to-none, do you know what I mean?

We're heading into awards season, of course. Do you process that at all, the early chatter?

Well, I certainly pay attention. I don't read it all because it would give me a nervous breakdown, but obviously this is a big year for films, isn't it? Much bigger than last year. Certainly with Michelle, it has been very exciting on the road with this film. People are genuinely excited to see this great American actress take on this great American icon and deliver. They feel excited about that.

Awards season is what Harvey Weinstein is known for.

Yeah, but he's got a big year himself as well. Also, it was a big year last year. He's got a number of films in play, hasn't he? But I couldn't ask for more passion from him for this. His support and ideas on this film have made it a better film, I'll say that without any shadow of doubt.

An underwater scene featuring numerous ancient stone statues of human figures, some standing and some seated, arranged in rows on the seabed. Two divers are visible in the upper left, swimming above the statues. The water is clear blue with sunlight filtering down from the surface.

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The 'bad girl' belongs to Brad

Angelina Jolie has changed a lot from her wilder younger days, but she insists there's some of that still in there.

"I'm still a bad girl. I still have that inside of me," she tells 60 Minutes in an interview.

"It's just in its place now. It belongs to Brad — or our adventures."

Jolie is just happy she made it through her more rebellious period.

"I didn't die young, so I am very lucky," she says.

"For many reasons, I shouldn't be here."

● METRO



Angelina Jolie

Celebrity tweets



Happy Holidays from my family to yours! Hope you all have a festive season filled w/ joy and cheer!



@jessicaalba



I don't know about u but I think Herman Cain's use of the word "ain't" is enough to disqualify him from the presidency.



@julianne Moore



On my way to Beijing for the first time. Any recommendations for food, sights, traditional medicine, etc.?

@GwynethPaltrow

Ashton, Demi still on speaking terms

► Divorcing couple met recently at 'Kabbalah House'

ALL PHOTOS GETTY IMAGES

While Demi Moore may have filed for divorce from Ashton Kutcher, she's apparently not done talking to him, as the pair reportedly met at the Beverly Hills home of a friend the weekend after her divorce announcement, according to Us Weekly.

"It's affiliated with Kabbalah, and some of the people who go there refer to it as the 'Kabbalah House,'" a source says of their meeting place, where the couple are said to have previously visited for Kabbalah-themed marriage counselling.

Kutcher and Moore arrived separately but were seen leaving at the same time.



► Ashton Kutcher and Demi Moore

"They seemed very sombre," the source says.

But apparently Moore has been anything but sombre since deciding to ditch Kutcher, even reportedly appearing chipper and cheerful at a

nail salon the morning of the divorce announcement.

"Demi's been telling friends that it gets easier every day," a source says. "She's very optimistic."

● METRO

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► This Victoria's Secret bombshell gets in shape with maca powder, bee pollen and sun warrior protein ► We discuss

GETTY IMAGES



Miranda Kerr's thong song

TINA CHADHA
LIFE@METRONews.ca
METRO WORLD NEWS IN LONDON



For the first time in her five years of walking down the runway as a Victoria's Secret Angel, the Australian bombshell Miranda Kerr had the honour of wearing the \$2.5 million Fantasy Treasure Bra. And that's just months after giving birth to her first baby with husband, Orlando Bloom. We ask her the question every woman wants to know.

Besides the \$2 million bra, what's the biggest difference between walking in a high fashion catwalk show such as, say, Balenciaga versus Victoria's Secret? The great thing with Victoria's Secret is they really encourage us girls to interact with the audience and show a bit of personality, so it's a totally different thing for sure, but both of them are good in their own right. The Victoria's Secret show is quite a theatrical performance. I love to be in the

"[Generally the] first step would be to blow dry then apply a volume lotion in your hair. Once we blow dry all that through we spray in [Orlando Pita] Elevate Texture Spray. Then we do the curling iron set. Then we send the girls to makeup, after they're done we brush it all out."

HAIR GURU ORLANDO PITA ON HOW TO NAIL THOSE BIG VS CURLS

moment and feel the music.

You lost the baby weight ridiculously fast. Can you give us a breakdown of your daily diet?

Everyday is different but I like to start the day with a fresh green juice with kale, spinach, cucumber, beets and lemon. Then half an hour later, I have a power smoothie, which has sun warrior protein powder, chia seeds, maca powder, raw cacao, bee pollen, goji berries, noni juice, vitamineral green and coconut water. Then an hour after that I'll have oatmeal or eggs. That's my three-course power breakfast. For lunch I might have some grilled fish with goat cheese or baby spinach salad and olives. Sometimes I'll have a sweet potato. At dinner, I'll have a lentil soup and maybe some chicken. And I love to have my salads with avocado, feta and spinach.

It sounds like a lot of careful maintenance. What does your workout regimen look like?

I've been practicing yoga for over 12 years. And after I had the baby I started doing Pilates. That was really helpful. But three weeks leading up to the

VS show, I start working out five times a week using a resistance band and leg weights.

Is the Fantasy bra heavy?
No it's not so heavy but my wings are really heavy.

Where does one go after you've modeled the \$2.5 million bra? What do the next five years look like for

you?
I really want to expand my organic skin-care line all over the world. I created a line that I personally wanted — it's a certified organic range — but couldn't find. Kora organics has been my passion and my idea. I invested the money behind the product. I blog [on the site] once a week.

Backstage talk

How the angels whip their skin and bodies into shape



Adriana Lima

"I think working out makes your skin glow. It's a natural detox. I also drink a lot of water and coconut water. For makeup, I use lots of black mascara, lip gloss and that's it."

Joan Smalls

"Every day, I wash my face with something that contains salicylic acid and then I continue with an advanced night repair. I put it on in the morning and I mix it with Estée Lauder DayWear cream, it has SPF 15. It's important to protect your skin in the morning."

A stylish story



Popular show turns a page

From TV screens to glossy magazines, the world's longest-running fashion series, Fashion Television, extended its iconic brand on Tuesday with the launch of a semi-annual magazine. Featuring fashion royalty Grace Kelly on the cover, Fashion Television Magazine offers its readers a unique video/print hybrid — a multimedia experience with a chance to see each print story come to life with a companion video available on fashion-television.com.

● METRO



Lady Gaga opens Gaga's Workshop at Barney's department store in New York

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Find it in the
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Colour-popping coats

► This season, the chintzy Christmas lights needn't be the only beacons of brightness ► Get noticed!



If the dark days of winter aren't depressing enough, we choose to garb ourselves in outerwear that wouldn't look out of place on a Victorian funeral march. Why don't we stop mourning for summer and sling on something bold and bright all year long. After all, it's not that risqué, seeing as most men won't hesitate come June to pull on some outlandish Hawaiian-print shirt.

1 BURBERRY PRORSUM AW'11

The British heritage brand leads the colour revolution with an old school duffel.

2 E.TAUTZ PEACOCK

Yep, we're all familiar with the peacoat. But this lurid, mustard yellow number is the military classic on acid. \$1,555, mrporter.com

3 ZARA DOUBLE BREASTED COAT

The '70s are still hot this season, making this a must-have winter warmer. \$249, zara.com

4 UNIQLO PREMIUM DOWN ULTRA LIGHT JACKET

The quilted coat was once the staple purchase of practical parents for their tearaway toddlers. Thankfully, it's been reworked into a svelte, lightweight looker. \$80, uniqlo.com

5 TOPMAN ELECTRIC BLUE PEACOCK

Get ready to rock right down electric (blue) avenue in Topman's peacoat. And no it's not style over substance as this one comes with extra snug padding — perfect for a sub-zero season. \$170, topman.com

● RICHARD PECKETT

Men's grooming

Tidy that 'stache

The Movember grow-off is well underway, which probably means your tache is in a right old tangle. But fear not, as this little Kent comb will have your whiskers preened and perfect in no time at all.

● RICHARD PECKETT



MOVEMBER COMB

\$11, kentbrushes.com

Jeanne Space



In this hectic modern world, Twitter has become a cool and succinct way of communicating. It allows me to be accessible, instantly speak my mind, and connects me with all kinds of people. Whether it's a fashion question, or you just want to comment on life's bigger picture, I'd love to hear from you.



@Jeanne_Beker:
So many fab responses to my talk @GuelphHumber today. Thank you all for LISTENING! Now how do YOU plan on making a mark in the world?



► @Jeanne_Beker: With Morgan Dumas in IZ Adaptive Clothing coat by designer Izzy Camilleri. Democratizing fashion!

► @RoyFullerPhotog: been contemplating how to make my mark for years, decided to grow my holdings and leave them to charity. Starting small now.

► @Jeanne_Beker: What a beautiful thing to work towards!

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052411

Get ready to shop

▶ You don't have to drive south of the border to get Black Friday discounts



HEATHER BUCHAN
LIFE@METRONEWS.CA

Tomorrow marks Black Friday — the biggest sales event of the year in the United States — with retailers slashing prices on virtually everything. Held the day after American Thanksgiving (this year, it falls on Nov. 25), it traditionally marks the kick-off to the holiday shopping season.

In the past, many Canadians flocked to their closest border crossing in order to take advantage of the U.S. deals, but rather than packing up the car, making the road trip south and waiting in lineups for hours, more and more Canadians will be journeying online for cross-border shopping deals this year.

According to a recent Ipsos



Cyber Monday — the online cousin to Black Friday — takes place on the Monday following the U.S. Thanksgiving weekend and features a number of discounts on shopping websites.

survey conducted on behalf of Visa Canada, 34 per cent of Canadian online shoppers plan to

Resources

Some helpful sites to help you navigate Black Friday:

- ▶ **blackfriday.info:** The official site for all the 2011 Black Friday ads.
- ▶ **BlackFriday.FM:** You can sign up for email updates and check out sales from your favourite stores.
- ▶ **TGIBlackFriday.com:** Offers one-click filters to see what popular deals are available online.
- ▶ **redflagdeals.com:** Canada's largest bargain hunting website has an entire section devoted to Black Friday deals.

shop online at American retailers this Black Friday. This is an increase of six per cent from last year.

"Over the past few years we have seen a steady increase in the number of Canadians who look for deals south of the border on Black Friday," says Stephanie Wallat, business leader for e-commerce with Visa Canada. As a result, many U.S. retailers seem to be taking notice of the Canadian interest and have extended their shipping to Canada and abroad.

In a bid to keep Canadians from cross-border shopping this weekend, some Canadian retailers are ramping up sales of their own. Toys R Us Canada announced that it's holding a half-price event this weekend. And The Bay, Zellers and Home Outfitters, Future Shop and Best Buy will also be offering special sales events this weekend.

Shopping tips

Make the most of Black Friday by following these savvy shopping tips:

- ▶ **Do your research before shopping.** Go to a retailer's site early, pick out everything you want, do price comparisons and add items you want to your shopping cart.
- ▶ **Find out the full cost of the item you want.** Borderlinx (borderlinx.com/visa/ca) provides a calculator that estimates the entire cost of a purchase, including currency conversion, taxes, duties and shipping.
- ▶ **Canadian duties on apparel are much higher than on electronics.** That could eat into some of your cross-border savings.
- ▶ **How do you know if you're really getting a great deal?** Experts say that if the item you want isn't 40 to 50 per cent off, leave it behind.



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Canadian retailers get in on the action

More Black Friday bargain hunting is beginning to happen in Canada, says an Ottawa-based marketing expert.

"Surveys across Canada show that this year, cross-border shopping is going to be down," said Brian Card, president of the Ottawa-based market research firm CRG consulting.

But that flies in the face of travel data from Statistics Canada showing same-day car trips to and from the U.S. by Canadians are at their highest level since 1998 at 7.2 million in the second quarter of 2011 and 7.1 million in the third.

BMO economist Robert Kavcic said the numbers correlate with the rise in value of the loonie versus the greenback.

He agrees with Card that Canadian retailers are beginning to hold their own Black Friday sales.

● JESSICA SMITH/SEAN MCKIBBON

What's allowed

► **Exemptions:** If you're gone for a day, you get \$50 worth of goods to bring back. If you're gone for 48 hours, you get \$400. A week? \$750.

► **If you're caught smuggling:** Border services can seize your goods, fine you up to 80 per cent of their worth and take your car — and you have to pay before you get any of it back. That's if you're not arrested. ● ELISHA DACEY

17%

of Canadians say they intend to head south of the border on Friday for America's biggest shopping day of the year.

Is it worth the drive?

Hordes of shoppers, including thousands of Canadians, are gearing up to spend their hard-earned money south of the border during America's largest shopping event of the year.

Black Friday enthusiast Danielle Graydon, who heads to Bellevue, Wash., every year, says

the event is a good place to finish Christmas shopping in one trip.

"Last year I got all my Christmas shopping done for \$350," she said. "At some stores you'll get discount on top of discount. The trip is worth it because you end up saving hundreds."

Graydon describes Canada's Boxing Day as a "pathetic" alternative to America's busiest shopping day. **KENDRA WONG**

Hot items

According to Ipsos Reid, clothing and accessories will be the most popular purchases tomorrow, followed closely by books, movies and music.

Some of the

steepest price cuts are on electronics, including televisions, computers, DVD players, music players, video game consoles and small appliances. Leave home furnishings purchases until Boxing Day sales.

HEATHER BUCHAN



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SPACES

► Collection 45 condo interiors feature high-quality hardwood flooring, stone countertops, stainless steel appliances and marble accents.

Black and white and Hip all over

► Collection 45 features both style and substance ► Recent purchasers rave about Main Street vibe



**STEPHANIE
ORFORD**
FOR METRO

Who says industrial can't be beautiful? Mount Pleasant's upcoming Collection 45 condo development is set to combine industrial-style elements — brick, steel, floor-to-ceiling glass — to eye-popping effect.

"Collection 45 is a really unique building," said Joey Coupland, sales manager for Collection 45. "It's got a very strong exterior identity," she said of the cubist low-rise. "It's got a bit of a '60s vibe."

Luckily for buyers, Collection 45 has substance, as well as style. The condo interiors will have high-quality hardwood flooring, stone countertops, stainless steel appliances and marble accents. "It's a very contemporary interior in neutral tones intended to let your art and furniture be your statements," said Coupland.



► Collection 45, a six-floor, 45-unit development, is a collaborative effort of developer MIYE and GBL architects.

The six-floor, 45-unit development is a collaboration of developer MIYE and GBL architects and will have a diverse mix of floor plans. The idea is to provide homes to suit many tastes, said Coupland.

Two-level residential "scissor" suites will span

from the north to the south side of the building and have two patios — one on either end. Those on the top floor will have private rooftop decks with city and mountain views to the north.

The building will also have a green roof designed to function as insu-



► A bathroom layout in a Collection 45 condo.

lation and as a storm water reservoir.

Residents will be able to enjoy a lot of outdoor space, Coupland said.

An outdoor garden patio will wrap around the north side of the building on the second level. Walkways around the ground floor will make the property pedestrian friendly and allow access to retail space including a coffee

Meet the condo

- **DEVELOPER:** MIYE
- **PRICES:** Range from \$309,900. One-bedrooms start at \$399,900. Two-bedrooms start at \$579,900 and scissor suites start at \$664,900.
- **SIZES:** Bachelor; one-bedroom; two-bedroom + two-bath; and two-bedroom + two-bath + den
- **LOCATIONS:** 133, East 8th Ave. (just off Main Street).
- **NUMBER OF UNITS:** 45
- **SELLING:** Now. About 50 per cent units still available
- **COMPLETION:** Construction to start soon. Move-in ready for fall 2013
- **WEBSITE:** collection45.com

shop, spa, yoga studio, architect's office and artist studio.

All the homeowners who buy before the end of November will receive \$10,000 or \$20,000 toward services at the spa.

With public transit and bike paths close by, residents won't need to depend on cars to get around.

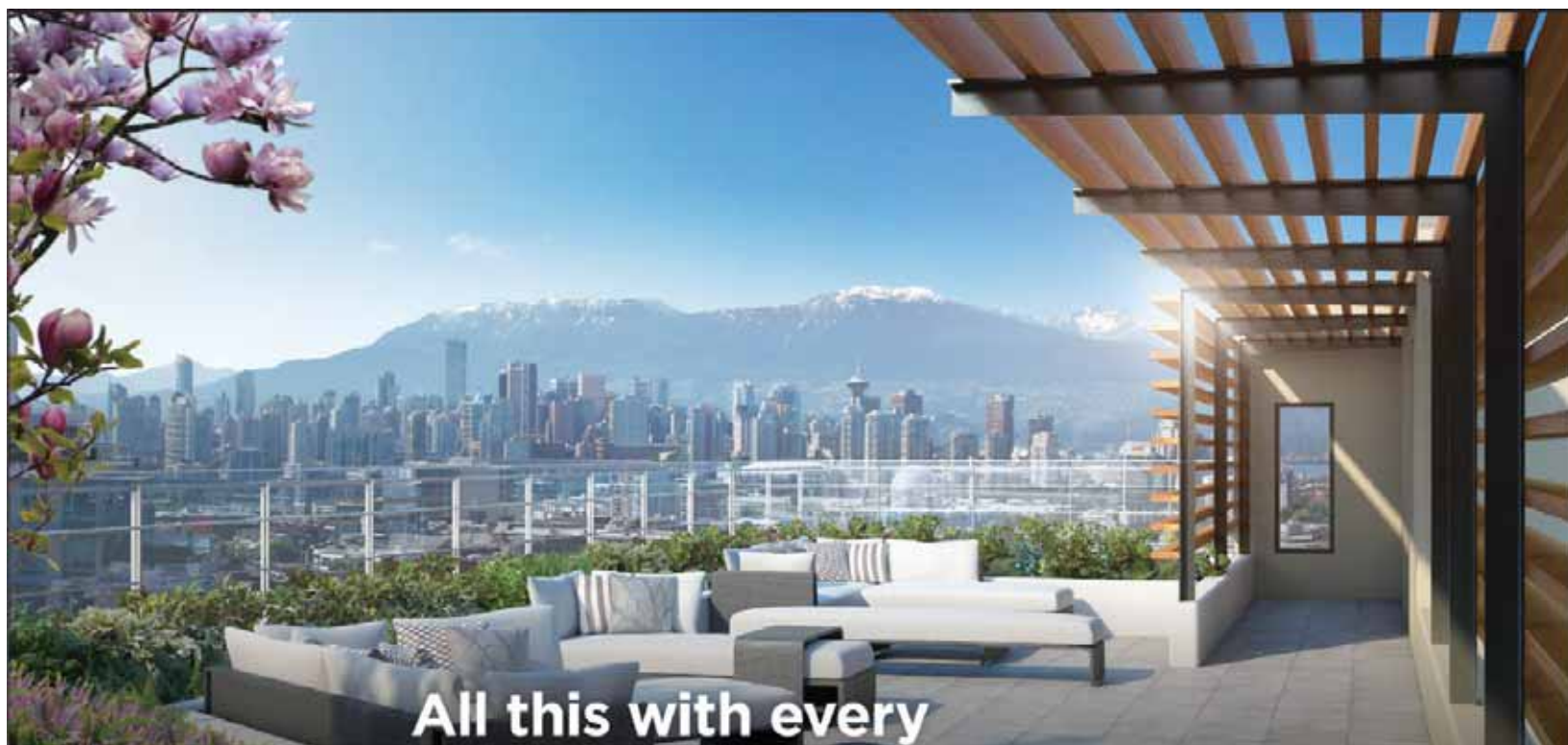
Half a block beyond the property is Main Street with its hip clothing boutiques, antique shops, art

suites. Range from 452 square feet to 1,334 square feet.

"Main Street's definitely got a good variety of retail, a lot of local businesses," said Coupland.

"It's got a ton of character. So far, everyone who's purchased here are professionals, many of whom already live or work in the area," she explained.

"They're looking for something unique, they love the Main Street vibe and they're all very confident in this neighbourhood and what's to come."



Set in the heart of the hot SoMa (South Main) neighbourhood, UPTOWN features concrete construction, 8'8" ceilings and elegant interior finishings. It also offers a fully equipped fitness room, panoramic rooftop terrace, sports & entertainment lounge and boutique hotel style lobby, plus a host of other eco-friendly features including a green roof and a 220V electric vehicle parking stall option.

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2 units remaining

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Seeking a friendly community

► Family also wants amenities near UBC

ON THE MARKET



RYAN DELUCA
FOR METRO

Alan D. and his wife, Jennifer, are a suburban couple looking to move closer to Alan's workplace in Kitsilano.

With a 16-year-old son, they want to ensure they remain in a family friendly neighbourhood with schools nearby.

Shopping, cafés and amenities at their doorstep

are also important since the family only has one vehicle.

They are seeking a two-bedroom, two-bath condominium in the upscale UBC neighbourhood of Vancouver.

The home should require little to no renovation work and have a decent size second bedroom for their son Jeff. Their budget allows for a maximum purchase price of \$1,800,000.

Here are three properties they should look at.

RYAN DELUCA IS A REAL ESTATE AGENT WITH SOTHEBY'S INTERNATIONAL REALTY CANADA



► Enjoy tranquil views from the living room.

503-5838 Burton Ave.
— Vancouver
\$1,680,000

Right in the heart of Alan and Jennifer's preferred neighbourhood, this two-bedroom and two-and-a-half bathroom condominium is spread across an impressive 1,910 square feet. With tranquil forest views from the living room and dining room, the family can enjoy some down time when not on the go. The second bedroom, at about 160 square feet, works well for Jeff while the Miele appliances, heated bathroom floors, AC, and pure wool carpeting meet all the luxurious desires of Alan and Jennifer. Listing agent Peter Saito of Sutton Group West Coast Realty points out that the building also comes complete with 24-hour concierge, and is available for a quick possession.



► Entertain with two patios and two rooftop decks.

14-5879 Gray Ave.
— Vancouver
\$1,768,800

On the south side of the UBC neighbourhood sits this 2,383-square-foot townhouse. This unit offers Alan and Jennifer four bedrooms and four-and-a-half bathrooms over four storeys of living space. With gorgeous park views and shops and trails within walking distance, Jennifer is happy she will not require transportation to get around. She and Alan will also like the two-car garage, two patios and two rooftop decks for entertaining. Jeff will be happy with the nearly 100-square-feet of bedroom space. With the majority of the home warranty still in place, the buyers can feel confident in the quality craftsmanship of this community by Redekop Group, says listing agent Diana Wang of Sutton Group West Coast (Van 49).



► Plenty of quiet with no neighbours on one side.

5997 Walter Gage Rd.
— Vancouver
\$1,450,000

At 1,849 square feet, this three-bedroom and three-and-a-half bathroom unit is also located in the preferred neighbourhood of UBC. With two levels enhanced by almost 20-foot high ceilings and windows, there is plenty of light. No neighbours on one side or above will ensure quiet tranquility. A large terrace off the master bedroom is a great private getaway for the parents while a front and back yard are great for Jeff to entertain his friends. Calvin Kan of Rennie & Associates Realty also notes the unit comes with a privately gated two-car garage and one extra underground parking space. Hardwood floors, wool carpet and limestone tile, along with stainless steel appliances and granite counters complete the high-end finishings of this space.

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ADDRESSING RENTALS

BITS & BITES



PETER SIMPSON
FOR METRO

Earlier this month, a B.C. coalition of industry, non-profit and government leaders signed the Canadian Rental Housing Charter, a plan to increase the supply of affordable rental housing across Canada.

The 10 founding members of the coalition, including yours truly, envision a future where there is a sufficient supply of adequate, safe and affordable rental housing for people with a range of incomes.

"The coalition calls on all levels of government, the private sector and the non-profit sector to work collaboratively to address the critical shortage of affordable rental housing," said Wayne Wright, coalition co-chair and Metro Vancouver Housing Committee chair.

Good investment

According to a recent survey conducted by the Association of Accredited Mortgage Professionals, 87 per cent of B.C. respondents believe real estate is a good investment.

Also, while 46 per cent of those surveyed across the country agree that Canadians are taking on too much debt, most agree that mortgage debt is good debt.

Well, no debt is best, so my advice to homeowners, particularly first-timers, is set aside some cash to pay down your mortgage.

The survey found B.C. mortgage holders were more likely to have paid more than the minimum mortgage payments in the past year (36 per cent vs. 32 per cent nationally).

Home sweet home

Family fact: Within six months of arrival in Canada, 17 per cent of immigrants buy homes.

Bold statement

It wasn't exactly Occupy Coquitlam, but some folks

did camp out in order to make a bold statement.

Six families braved a chilly night on Coquitlam's Burke Mountain recently in order to be first in line to purchase a new single-detached home at Morningstar Homes' Amberleigh community.

The first release of 10 homes sold shortly after 8 a.m., then Morningstar released four more homes, which were purchased well before noon. The 3,000-plus square feet homes were priced from \$649,900.

Meanwhile, Canada Mortgage and Housing Corp. announced there were 14,982 housing starts in Metro Vancouver during the first 10 months of 2011, a 19 per cent increase from the 12,584 starts recorded during the same period last year.

The CMHC reported the strength was in the multi-family sector (11,890 starts).

PETER SIMPSON IS THE PRESIDENT AND CHIEF EXECUTIVE OFFICER OF THE GREATER VANCOUVER HOME BUILDERS' ASSOCIATION. EMAIL HIM AT PETER@GVHBA.ORG



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Elements of Seven35

► Earth, air, water, style
► Sustainable building is one of Adera Live West Coast's core values



STEPHANIE ORFORD
FOR METRO

The Vancouver special is firmly a thing of the past thanks to new housing developments like Adera's Seven35. Savvy developers are catering to locals' green sensibilities, building homes that have environmentally friendly features, timeless design, and ample green space.

Seven35 is the first project under Adera's Live West Coast brand, and sustainable building is one of the company's core values, said Eric Andreasen, vice-president of marketing and sales at Adera. "It's the right thing to do."

Once construction is completed, the development will be the first in Canada to have both LEED for Homes platinum certification and Built Green gold-level certification.

The development includes a wastewater heat recovery system — the first private facility in Canada. The process salvages heat from the homes' wastewater to heat

household water, and can save up to 70 per cent of the energy normally required.

A bioswale created on the property will help preserve the water quality of nearby Mosquito Creek, a salmon habitat. The bioswale naturally filters out the pollutants and silt from street water run-off.

The homes' internal features also help reduce Seven35's environmental footprint, said Andreasen. Every home has low-flow faucets and toilets, and up to 40 per cent of the project's building materials are locally sourced. Motion-sensitive lighting is used in many areas, and the roofs are even pre-wired for solar panels.

The homes have clean, West Coast architecture with floor-to-ceiling windows and large roof overhangs, and internal features are highly customizable. Buyers can add an electric fireplace, substitute hardwood for the standard laminate flooring and carpet, or upgrade quartz countertops to



► Adera's Seven35 homes have clean, West Coast architecture with floor-to-ceiling windows and large roof overhangs, while internal features are highly customizable.



► Some homes feature private outdoor lanais.

granite, among many other options. Some homes have private outdoor lanais — rooms on the roof — for barbecuing, socializing, or hot tubbing.

Residents don't need to leave the property to experience green space. The landscaping includes a park and jungle gym, a community garden, and

Meet the condo

- **DEVELOPER:** Adera/Live West Coast.
- **PRICE:** \$249,900 (bachelor) to \$640,000 (corner suite with two bedrooms, two baths + den).
- **SIZE:** 635 square feet to 1,084 square feet.
- **LOCATION:** On Mosquito Creek, North Vancouver close to SeaBus, shopping, schools, Lonsdale Quay.
- **NUMBER OF UNITS:** 60 to-



tal clustered in three buildings.

- **COMPLETION:** Some homes move-in ready, others in construction to finish early spring 2012.
- **WEBSITE:** adera.com

public art by local artist Bruce Voyce to be incorporated into the development's water features.

Seven35 is situated on the Trans Canada Trail in North Vancouver, giving residents access to a large network of trails, said An-

dreasen. But the development is also a short walk from public transit, shopping, and Lonsdale Quay.

Seven35 is the whole package, said Andreasen. "It's an exceptional community. There's great value there."



604-814 Royal Ave. — New Westminster

LISTED: \$310,000
SOLD: \$312,000

This two bedroom, two-bathroom condominium in the heart of downtown New Westminster sold in just 36 days for over the asking price. As a corner unit, this 789-square-foot home comes with fabulous southwest views of the Fraser River. The inside of the suite is complete with stainless steel

appliances, granite countertops, and in-suite laundry. Listing agent Izabela Wasieleski of Sutton Group Seafair Realty also notes that in addition to the new home warranty on this four-year-old building, the condo is located close to public transit, which puts you just a 25-minute ride from downtown Vancouver and Lougheed Mall. Shopping and dining in the immediate area add to the benefits of this home.

306-121 Brew St. — Port Moody

LISTED: \$288,500
SOLD: \$278,000

At just three years old, this one-bedroom, one-bathroom unit is located in the heart of the trendy Suter Brook Village at the foot of Burrard Inlet. With 580 square feet of living space and 10-foot high ceilings, there is no lack of airy space in this compact unit.

Complete with stainless steel Kitchen Aid appliances, granite counters, in-suite laundry, and a large balcony, this unit has all the modern updates a buyer would be looking for. Listing agent Rob Johnson of Re/Max Lifestyles Realty explains that this home has the added benefit of in-suite storage and is steps from the seawall, Rocky Point Park and wonderful dining and shopping.



2007-1238 Seymour St. — Vancouver

LISTED: \$258,000
SOLD: \$241,000

Located in the heart of Vancouver's downtown core, this compact 331-square-foot New York-style loft is the perfect investment suite for those seeking to break into the real estate market. Over-height ceilings and a 43-square-foot balcony give this space a larger feeling than

the square footage lets on. With an added storage locker for keeping the home clear and a Murphy bed, which folds up to give more usable living space, Realtor Klaus Rode of Bruce Ward Realty boasts that the unit has amazing downtown views from the covered balcony and all the shopping, dining and entertainment you could ever want right at your doorstep.

► **RYAN DELUCA**

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Celebrate with flameless candles

► A safer and brighter idea for holiday entertaining

The holidays are all about creating a magical mood in your home for entertaining; great music, special food and drink, and of course lots of candles to help set a festive mood.

I love to use candles everywhere around the house when having people over, but am also cautious about leaving them to burn on their own.

Flameless candles are a great option to real ones, and although you don't get some of the scents that are available with the real thing, the flicker and light that is cast would fool al-

DESIGN CENTRE



KARL LOHNES
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most anyone.

Made of or plastic resin, the candle's inside houses an LED light that flickers and is shaped like a small flame.

The tops can have the look of dripping wax coming down the sides for a tra-

ditional look or a clean-edge look for a more modern esthetic.

There is a small switch on the bottom that controls the on/off of the LED light.

Flameless candles are made in all standard candle sizes, from tiny votives to large three-wick style pillar candles.

I like the white or off-white four-inch pillar size candles as they are most classic and will be neutral enough to use year round.

As there are no safety worries with flameless candles, I like to display in places that I would never

dream of using real ones — lining them up the staircase, outside on the front porch (no worries of them blowing out on a cold windy night), on window ledges, within the Christmas tree or in guest rooms.

For a realistic candle look, place them in glass hurricanes and add some decorative touches around the base like cranberries, holly or small metallic ornaments.

You can also use a large grouping to adorn an unused fireplace; fill the empty fireplace with birch logs, glass ornaments and a vari-



► Modern flameless candles create a chic display when accessorized with other modern elements. Flameless Pillar Candle Set; Sears

ety of flameless candle sizes.

Depending on the quality of batteries that come with the candles, the LED lights burn from 24 to 100 hours.

Flameless candles take a variety of batteries; triple A and watch battery styles are most popular — it's always smart to keep some extras on hand during the busy entertaining season.

The magic of Morocco at home

Moroccan cuisine is renowned for its delicate balance of sweet and spicy flavours.

Try this easy slow-cooker tagine recipe with

some convenient grocery store items to help you during the week.

Preparation:

- 1 In large heavy frying pan, heat oil over medium-high heat. Sprinkle lamb with salt and pepper. Cook for 10 to 12 minutes, turning occa-

Ingredients:

- 2 tbsp (25 mL) canola oil
- 1 boneless lamb shoulder, about 1 ¼ lb (875 g)
- 1/2 tsp (2 mL) salt
- 1/2 tsp (2 mL) freshly ground black pepper
- 1 large white onion, halved and thinly sliced
- 2 cloves garlic, sliced
- 2 large carrots, peeled and cut diagonally in 1 ½ inch (4 cm) long pieces
- 3 cups (750 mL) sodium-reduced chicken broth
- 1 bottle (350 mL) PC Memories of Morocco Sauce

Moroccan Lamb Tagine



► This recipe makes 6 servings.

sionally, or until browned.

- 2 Transfer lamb to slow cooker. Stir onions and garlic into frying pan, reduce heat to medium-low and cook for 4 to 6 minutes or until softened. Transfer onion mixture to slow cooker.

- 3 Stir carrots, broth and sauce into slow cooker. Cover slow cooker, turn

heat to low and cook for 10 to 12 hours or until lamb is very tender when prodded with fork.

- 4 Transfer carrots to a bowl; set aside. Remove lamb from slow cooker; using two forks, shred meat. Place lamb and carrots on a platter; drizzle with sauce. Serve with couscous and hot buttered chickpeas, if

desired.

Tip: Garnish with chopped dried fruit, such as apricots, figs or dates, if you like.

NEWS CANADA/PRESIDENT'S CHOICE/THIS RECIPE WAS ADAPTED FOR METRO BY EMILY RICHARDS, A PROFESSIONAL HOME ECONOMIST, COOKBOOK AUTHOR AND A TV CELEBRITY CHEF. FOR MORE, VISIT HER WEBSITE EMILYRICHARDSCOOKS.CA.

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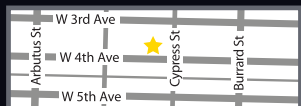
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Schneider buries Avalanche

► Young stopper shuts door in Denver as Canucks continue their domination of Colorado

BARRY GUTIERREZ/THE ASSOCIATED PRESS



► Cory Schneider makes a save with pressure from Colorado's Kevin Porter last night.

Cory Schneider stopped 24 shots for his second career shutout and the Vancouver Canucks extended a run of dominance against the Colorado Avalanche with a 3-0 win last night.

Manny Malhotra and Alexandre Burrows had early goals while Ryan Kesler added an empty-net goal at 19:30 of the third to round out the scoring.

The victory was Vancouver's 10th in the past 12 meetings with Colorado,



which fell to 1-2 in an eight-game run at the Pepsi Center that stands out as the longest continuous homes-

tand in franchise history.

Colorado came in as the third-most prolific shooting team in the league, averaging 33.5 shots per game. But the Avalanche were outshot as they struggled to find openings in Vancouver's defence and break through against Schneider.

Schneider, the backup to Roberto Luongo, preserved the shutout with consecutive saves near the end of a third-period power play. He stuffed a shot on the left

side by Ryan O'Reilly and wheeled to his right to block a rebound chance.

The loss extended the Avs' difficulties at home, where they have won only three times in 11 games.

Leading 1-0, the Canucks added to their advantage when Burrows knocked in his sixth goal of the season midway through the second period.

With defencemen Shane O'Brien sliding across the crease and goalie Semyon

Varlamov dropping to his knees in an attempt to block the shot, Burrows went high, lifting the puck over them both and into the upper corner of the net.

Malhotra scored the game's first goal at 17:03 of the opening period. Cody Hodgson shot him a centring pass from the corner and Malhotra wristed the puck past Varlamov from up close for his first goal of the season.

THE ASSOCIATED PRESS

Detroit ready to put Packers to the test

The last time Aaron Rodgers and the Packers came to Detroit, they looked like anything but Super Bowl contenders.

Of course, the Green Bay quarterback has a perfectly valid explanation for why the Lions slowed him down.

"They gave me a concussion," Rodgers said.

Rodgers recovered from that jarring December loss, leading the Packers to a Super Bowl title, but the way the Lions shut down their



NFC North rivals still resonates. This trip to Detroit to face Ndamukong Suh on the U.S. Thanksgiving holiday today could be the toughest remaining test of the regular season for the unbeaten Packers (10-0).

"We want to make sure that the players understand the tradition of this game, its importance to the city, its place in the history of the National Football League."

DETROIT LIONS COACH JIM SCHWARTZ

"Another game, another opportunity to get after another great team," said Suh, Detroit's imposing defensive tackle. "They're a great offence, and one that's very potent."

It's hard to imagine now,

but the Packers were actually in danger of missing the playoffs after they lost 7-3 in Detroit last season. Rodgers left with a concussion toward the end of the second quarter, but Green Bay was sputtering even while he

was in the game. Rodgers missed the following week's game, a loss to New England, but the Packers have won 16 straight since.

The Lions (7-3) face a daunting task if they're going to end their seven-game Thanksgiving losing streak. The last time they won their traditional holiday game was in 2003, when they intercepted Brett Favre three times in a 22-14 victory over Green Bay.

THE ASSOCIATED PRESS

Could Sunday be his final game?

► Buono says he'll make decision on CFL future after Grey Cup ► He's seeking his fifth title as a head coach

He's won more games than any coach in CFL history and has the B.C. Lions poised to become just the fourth team in league history to win the Grey Cup at home.

But when Wally Buono walks off the BC Place Stadium turf Sunday, it could be his last time as a CFL head coach.

The B.C. Lions head

coach/GM said yesterday during the Grey Cup coaches news conference that win or lose Sunday, he will take time this off-season to decide whether he will return to the sidelines in 2012.

"I said at the beginning of the year the relevance of success or failure is not related to whether I coach again or not," Buono said.

2002

The only season a Buono-coached team hasn't made the playoffs. He left the Stampeders after posting a 6-12 record.

"Today, I'm coaching.
"After Sunday, I'll sit

down and resolve it. That's the agreement Mr. Braley (Lions owner David Braley) and I have and I'm going to stick to my part of the agreement.

"When I committed to signing for three years I told David I would be committed to the contract, not necessarily to the two roles. Winning or losing is not going to have any effect."

Buono reportedly is under contract with B.C. until January 2014. He will be chasing a fifth Grey Cup win as a head coach and second with the Lions when the club faces the Winnipeg Blue Bombers on Sunday.

Buono has become synonymous with winning throughout his illustrious CFL career. He is the winningest head coach in

league history with 254 regular-season victories.

The native of Potenza, Italy, who grew up in Montreal, also won two Grey Cups as linebacker and punter with the Montreal Alouettes (1974, '77).

The Lions will attempt to become the first team since '94 to win the Grey Cup at home.

THE CANADIAN PRESS



Acceleration



Cornering



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Crossword

Across

1 Household member
4 Shock
8 Baby bed
12 Retirement plan acronym
13 Acknowledge
14 Humdinger
15 Sports fans' party site
17 With dexterity
18 Journey segment
19 Blue quality
21 Light colour
24 Frat-party need
25 Matterhorn, for one
26 Slight touch
28 Staff members?
32 Pacific rings?
34 Standard
36 Bar
37 Red Square tomb occupant
39 Hee follower
41 Rage
42 Silent
44 Deceived
46 Lottery payment, perhaps
50 Legislation
51 Eye part
52 Exhaust outlet
56 Gambling game
57 Mexican entree
58 Pen point
59 Verve
60 Old World duck
61 Society newcomer

Down
1 Trench
2 Geological period
3 Severe decline
4 Rough, as rocks
5 Eggs
6 Oodles
7 Adapt slightly
8 Din
9 Cartoonist Goldberg
10 Troubles
11 Purchases
16 Allow
20 Lair
21 Cover of gloom
22 Sheltered
23 Once around the track
27 Scrooge's cry
29 Aid when airborne
30 Hibernia
31 Coaster
33 Springfield sur-name
35 Aries
38 Greek consonants
40 Cricket-bat wood
43 Mongrels
45 Fool
46 Board game, ce-real or magazine
47 Caspian Sea feeder
48 Actress Sorvino
49 "Just the facts, —"
53 "Rocks"
54 Slapstick missile
55 Recede

► Yesterday's answer

A	M	P	C	U	E	S	E	W	E	R
L	E	T	A	F	R	O	D	I	R	E
B	A	N	M	O	R	A	L	I	Z	E
A	L	G	A	E	P	A	T			
			G	L	O	B	D	O	L	C
M	O	R	E	O	V	E	R	R	I	L
A	B	A	T	U	B	A	S	M	O	B
S	O	N	S	M	O	R	T	G	A	G
S	E	T	U	P	P	E	R	U		
		B	O	A		U	N	I	O	N
M	O	R	T	I	F	I	E	D	D	N
R	O	I	L	E	D	G	E		E	L
S	H	O	E	W	O	L		A	Y	E

Sudoku



How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's answer ►

9	7	4	8	5	1	2	3	6
1	3	5	6	2	4	8	9	7
6	2	8	9	7	3	5	4	1
5	6	2	7	1	9	4	8	3
8	9	7	3	4	2	6	1	5
4	1	3	5	6	8	9	7	2
3	5	9	1	8	6	7	2	4
2	8	6	4	3	7	1	5	9
7	4	1	2	9	5	3	6	8

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You can now post your kiss, and read even more kisses, online at metronews.ca/kiss.

Society, If you haven't yet donated to Movember, I strongly urge you to do so! It is a great cause and can do a lot of good. Please check out mobro.co/GeoffreyHoward to donate!

GEOFFREY

Girl in Foxy Mask, If it were a date to be... It would be you and me... Under the starry sky.. I just wouldn't want to say goodbye.. I just want to love you with all my heart, n hey its not the end... its jst the start..... SECRET ADMIRER

Irresistible Prince Charming, My sweet darling, every time when I saw you my heart raced fast speed... You are like a magnet! I am attracted to you... and I can't stop thinking of you and wanting you by my side... I think I love you too, very, very much! Just a kiss and my dream will come true...

C. L. SLEEPING BEAUTY

Today's horoscope

♈ **Aries** March 21-April 20 If you keep in mind at all times that there is no such thing as a "sure thing" you won't go far wrong.

♉ **Taurus** April 21-May 21 If friends and family choose to oppose you don't push the issue. They'll come around eventually.

♊ **Gemini** May 22-June 21 If you try to have everything perfectly planned before you start a project, chances are you won't get started at all.

♋ **Cancer** June 22-July 22 You will do the exact opposite of what others expect of you today.

♌ **Leo** July 23-Aug. 23 Anyone who tries to tell you that you are going about something in the wrong way will be treated with your usual Leo disdain.

♍ **Virgo** Aug. 24-Sept. 22 You want to be taken seriously by your peers, but that will only happen if you are clear in your own mind what it is you believe.

♎ **Libra** Sept. 23-Oct. 23 There's a whole world out there waiting to be dazzled by your brilliance.

♏ **Scorpio** Oct. 24-Nov. 22 You will be the centre of attention for quite a while to come.

For today's crossword answers and for expanded horoscopes, go to metronews.ca

♐ **Sagittarius** Nov. 23-Dec. 21

Do you take on more work or do you enjoy more leisure time? Only you can decide.

♑ **Capricorn** Dec. 22-Jan. 20

Before you move ahead with a creative project it might be wise to get some input from those whose advice you trust.

♒ **Aquarius** Jan. 21-Feb. 18

Deep down you know there is something underhanded going on.

♓ **Pisces** Feb. 19-March 20.

Don't put your hands over your ears and pretend you can't hear.

● SALLY BROMPTON

Today

8°/5°
Rain
90%

Friday

7°/5°
Showers
80%

Know what the weather will be 14 days from now. Check the 14 day trend.

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Caption contest

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You write it!

Write a funny caption for the image above and send it to play@metronews.ca — the winning caption will be published in tomorrow's Metro.

“I'm not sure this new Twister-Tennis will catch on!”

ANDREW

DARRYL DYCK/THE CANADIAN PRESS

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Weighing in on Solutions to the Obesity Problem

Amid a constant barrage of new diets and weight loss plans, people with excess weight continue to struggle.

Obesity is a worldwide epidemic with an estimated one billion adults being considered overweight or obese. Canada's most recent health statistics mirror that of other developed nations with 25% of adults found to be obese. Obesity is affecting men, women, and even children. It's a risk factor for other health conditions including heart disease, high blood pressure and type 2 diabetes.

At first glance, the main cause of this problem is excess calorie intake. We simply eat too much

causes people to become preoccupied with food. Dieting can cause the body to go into "starvation mode", slowing down the metabolism because it thinks it will run out of food soon. It also sets up a cycle of overindulgence on forbidden foods, and feelings of guilt.

The diet mentality is so powerful it can cause thin people to gain weight once they've been put on a diet. One study found that dieting caused formerly diet-free people to have more cravings and frequent thoughts

be the solution you have been looking for.

Until recently, weight loss surgery has been seen as a last resort. However, with the improved long-term success rate of procedures like the Slimband® adjustable gastric band, this perception is changing.

The Slimband® program typically results in up to 72% of excess weight being lost within the first 24 months. The procedure is a minimally-invasive, 20-minute operation in which a band is placed around the top part of the stomach to create a small pouch. Weight loss is maintained through permanent

Slimband® Gets Results!

The Slimband® is a fully reversible 20-minute procedure that's clinically proven* as an effective way to lose weight and keep it off for good.

without burning off the extra calories. To combat this energy imbalance, weight loss can be achieved through diet and exercise programs.

Despite their on-going popularity, diet plans only help people lose weight in the short term. According to scientific research, less than 5% of dieters lose weight and maintain their weight loss for more than five years. In the long run, nothing changes and a relapse into old eating habits or inactivity eventually occurs.

Not only do diets not work, they can be counterproductive and damaging to a person's health and emotional wellbeing. Being on a diet often

about food. After losing ten pounds, they promptly gained it all back plus an additional five pounds. The extra weight was harder to lose because the restriction in food intake had slowed their metabolism.

Many people find themselves looking for a weight loss solution that doesn't hinder their lifestyle or impose limits on the number of calories consumed. Contrary to popular belief, this is not impossible! Weight loss surgery may

lifestyle changes with the band acting in the form of "built-in portion control" to help people feel full on less food.

The benefits of the Slimband® weight loss surgery procedure go far beyond a stunning physical transformation. Many people who lose weight with Slimband® have improved self-esteem, increased energy levels and elimination of many weight-related medical conditions.

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Chelsea C. - St. John, NB
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*Gastric banding results in an average of 58% excess weight loss within the first three years and patients continue to maintain their weight loss even up to seven years later. (Niville E et al. A mid-term Experience with the Cousin Bioring - Adjustable Gastric Band. Obes Surg 2011; May 5. [EPub])



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The charity with the most votes will get **1,000,000 AIR MILES®** reward miles.

Food Banks
Canada



1 800 668 6868
KidsHelpPhone.ca

Kids Help Phone

1 VOTE = 1 REWARD MILE

to the charity you choose until Dec. 24, 2011

So whether you want to help hungry Canadians, be there for kids or keep holiday wishes alive, **all you have to do is click!** Plus, at every 50,000 donations, a lucky Collector can **win 5,000 reward miles** and we'll donate 5,000 additional reward miles to their chosen charity.



Help us donate a million AIR MILES® reward miles!

Search on Facebook or visit airmiles.ca/million

No purchase necessary. Contest open to Canadian resident AIR MILES Collectors of the age of majority. Contest runs from 12:00:01 a.m. ET November 8, 2011 - 11:59:59 p.m. ET December 24, 2011. Minimum 1, maximum 20 prizes available. Each Prize consists of 5,000 AIR MILES reward miles (value depends on the method of redemption and available reward options). To enter, visit the AIR MILES Canada Fan Page on Facebook and follow the instructions to vote for a charity of your choice through the AIR MILES Holiday March To A Million initiative. Limit one entry per person. Math skill-testing question required. Odds of winning depend on number of eligible entries received for each draw. A draw for each prize will take place at intervals of 50,000 votes (up to a maximum of 20 draws) during the Contest Period. Visit airmiles.com/marchtoamillion for full rules and instructions on how to enter, including requirement to be a fan of the AIR MILES Canada Fan Page on Facebook.
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